

monday	tuesday	wednesday	thursday	friday	saturday	sunday
		6:45am Matwork Level II		6:45am Reformer Level II		
	8:30am Reformer Level II			8:30am Reformer Level II	8:30am Reformer with PROPS! Level II-III	
9:15am STABILITY CHAIR & Spring Wall Level II	9:15am Matwork Sculpt & FLOW Level II	9:15am Reformer PLUS Level III	9:15am Reformer Level II	9:15am Mindful Matwork 75 Minute Level II	9:30am Matwork Level II	9am Stretch & Strength Level II
9:30am Reformer Level I		9:30am Spring Wall & Matwork! Level II		10:30am Reformer FLOW Challenge! Level III	10:30am Reformer Level II	10am Mat & Reformer Challenge! 75 Minute Level III
10:15am Matwork Level I	10:30am Reformer & Jumpboard Level II	10:30am STABILITY CHAIR! Level I	10:30am Matwork Level II	10:30am Restorative Matwork Level I-II	10:30/11am STOTT PILATES® Intro Class (once per month)	
11:30am ZEN-GA™ Level II-III	11:30am Reformer Level I	11:30am Matwork with a Fascial Focus Level II	11:30am Reformer Level I-II	11:30am STABILITY CHAIR! Level II		
12:45pm Reformer Level II	12:45pm STABILITY CHAIR & Spring Wall Level II	12:45pm Reformer Level II	12:45pm Spring Wall & Matwork! Level II	12:45pm ZEN-GA™ Level II		
				<u>NEW YEAR 2019 GROUP Class Schedule</u>		
5:30pm Reformer & Jumpboard Level II	5:30pm Reformer Level II-III	5:30pm STABILITY CHAIR! Level II	5:30pm Mat & Reformer! Level I	January 2nd - April 7th, 2019		
6:30pm Matwork Sculpt & FLOW Level II	6:30pm Mindful Matwork Level II	6:30pm Reformer PLUS Level III	6:30pm Matwork - Athletic Conditioning Level II-III	<i>STOTT PILATES® Intro Classes now being hosted monthly! COMPLIMENTARY for those NEW to the studio!</i>		
7:30pm STABILITY CHAIR & Spring Wall Level II	7:30pm Reformer with PROPS Level II	7:30pm ZEN-GA™ Level II	7:30pm Reformer Stretch & Strength Level II	*All classes 55 minutes in length, unless otherwise noted.		
7:30pm ALL MEN'S REFORMER Level II				*Schedule subject to change based on participation.		
				1828 Blue Heron Dr. Until 14 519.471.6688 createbalance.ca		