



## Small Group Mat, TRX and Equipment Based Schedule January 3, 2022 until February 26, 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am	Fundamental Reformer					
9am	Mixed Apparatus	Pilates with Props <i>(virtual option available)</i>		Pilates with Props <i>(virtual option only)</i>		Mixed Apparatus
		Tiered Reformer		Mixed Apparatus		
10am	Focused Reformer	TRX	Mixed Apparatus	Mixed Apparatus	Fascinating Fascia <i>(virtual option available)</i>	Mixed Apparatus
11am		Intro to TRX		Ageing Actively Reformer		Mixed Apparatus
12pm	Mixed Apparatus	Intro to Reformer				
1pm			Mixed Apparatus		<p>Prior Pilates training is recommended for all small group classes except Intro to Reformer</p> <p>Classes run in 8 week sessions except Sunday yoga and Monday classes which are 7 weeks</p> <p>In order to provide individualized attention, our small group classes have a maximum of 6 participants in equipment classes and 10 participants in mat based classes.</p> <p>Drop in classes are available. Call in advance to reserve your space 905 892 1239 Drop in Mat / TRX Class \$19 Drop in Reformer \$32</p> <p>All classes must be completed within the length of the session. Make up classes are offered as a courtesy. Make-up classes are not guaranteed.</p> <p>*All prices quoted are before tax</p>	
2pm		Mixed Apparatus				
3pm		Core Reformer				
6pm	TRX/HIIT	Back Care Reformer	Mixed Apparatus	Mixed Apparatus		
	Mixed Apparatus					
7pm	Focused Reformer		Tiered Reformer	Focused Reformer		
8pm				Fundamental Reformer		



## Yoga Schedule January 3, 2022 until February 26, 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am							
10am							10:30am Vinyasa Flow
11am							
12pm							
1pm							
2pm							
3pm						Prior Yoga experience is not required Classes are 8 weeks except Sunday which is 7 weeks. In order to provide individualized attention, our small group classes have a maximum of 10 participants per class. Drop in classes are available. Call in advance to reserve your space 905 892 1239 Drop in Yoga Class \$19 All classes must be completed within the length of the session. Make up classes are offered as a courtesy. Make-up classes are not guaranteed. *All prices quoted are before tax	
6pm					5:30pm Yin Yang Evening Release		
7pm		Yoga For Beginners		Everyday Yoga for Every Body Functional Yoga Movement Practice			