	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.15			Barre			
7.30						Low Impact Barre
8.30						Vinyasa Yoga meets Yin Yoga
9.00						
9.15			Low impact Barre	Low impact Barre		
9.30						
10.00						
10.30						
12.00						
2.00			Barre			
4.15						
5.15						
5.30	Matwork	Barre		Matwork		
6.00						
6.30	Matwork	Vinyasa Yoga meets Yin Yoga		Matwork		
7.00						
7.45		Move I.T on the mat				

MOVE pilates

MAT
+ all ages + all abilities + low impact

REFORMER
+ 16+ + all abilities + low impact / intermediate
+ pre natal options available

BARRE
+ 16+ + all abilities + low impact / intermediate
+ pre natal options available

MOVE I.T
+ All ages + All abilities + low impact
+ tough workouts + pre natal options available

VINYASA YOGA
+ 16+ + all abilities
+ low impact / intermediate
+ pre natal options available

MINI MOVERS
+ intensity= Fun!

CLASS LOCATIONS: **9 Verdun Road** Mat pilates, Mini Movers and Vinyasa yoga meets Yin yoga (sat class) • **39 Lookout Drive** Reformer, Vinyasa yoga and Barre

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