

PILATES UNLIMITED CLASS SCHEDULE - FALL 2011

	MON	TUES	WED	THURS	FRI	SAT	SUN
7:00 am			REF: All Levels				
7:30 am		SDG			SDG		
9:30 am		SDG		SDG		SDG	SDG
10:30am	* CALL OR EMAIL TO REGISTER AND RESERVE YOUR SPACE *						REF: All Levels
11:30 am	REF: All Levels		REF: All Levels		REF: All Levels	REF: Level 1	
4:30 pm	SDG		SDG		SDG		
5:30 pm		REF: All Levels					
6:30 pm	MAT: All Levels <i>Jan 2 - Feb 13</i>	SDG	REF: All Levels	SDG	*NEW* All Led Reformer Classes now run on a drop in basis! <i>Purchase a drop-in class card and get the flexibility to attend classes when you're available! Talk to reception for more info.</i>		
7:30 pm		REF: Level 1		REF: Level 1			

REF Reformer
Drop in: \$30
or purchase a Drop In
Class Card!

Drop In Class Card prices:
5 Class Pkg (1 month expiry): \$139
10 Class Pkg (3 month expiry): \$269
15 Class Pkg (3 month expiry): \$389
20 Class Pkg (3 month expiry): \$499

SDG Self Directed Group
Self-directed reformer classes.
Must have a minimum of 5 privates
or instructor's permission.

MAT Pilates
7 week Series: \$104
Drop in: \$18

*We also offer a special intro package for new clients!
5 intro Privates with Certified Instructor \$375; Master Instructor \$425*

**All prices add HST*