

## Class Schedule - 2009 Spring Session (May 4 - July 25)

No Classes: Mon, May 18 (Victoria Day), Wed, July 1 (Canada Day)

<b>Mat Classes</b> (Min. 5 required to run class - Max. 9 in class)	<b>Cost: \$168 / 12 wk session</b> (\$14 per class)
<b>Equipment Classes</b> (Min. 3 required to run class - Max. 3 in class for circuit, 4 in class for reformer)	<b>Cost: \$312 / 12 wk session</b> (\$26 per class)

Times	May 4 - July 20 Monday (11 weeks)	May 5 - July 21 Tuesday	May 6 - July 22 Wednesday (11 weeks)	May 7 - July 23 Thursday	May 9 - July 25 Saturday
9:00-9:50				Mat Beginner / Intermediate OPEN* Level 1 / 2	Mat Intermediate OPEN* Level 3
10:00-10:50	Mat Equipment Plus Level 3				Mat Beginner OPEN* Level 1
11:00-11:50				Circuit Level 2 <b>Full</b>	
12:00-12:50		Mat Equipment Plus Level 3 <b>Full</b>	Circuit Level 1 <b>Full</b>	Mat Intermediate OPEN* Level 3  Jumpboard / Reformer Training Level 3 <b>Full</b>	
16:00-16:50	Mat Beginner OPEN* Level 1				
17:30-18:20	Mat Equipment Plus Level 1 / 2  Group Reformer Level 2 / 3 <b>Full</b>	Mat Intermediate OPEN* Level 3  Circuit Level 1 / 2 <b>Full</b>	Group Reformer Level 2 <b>Full</b>	Circuit Level 1 / 2 <b>Full</b>  Circuit Level 3 <b>Full</b>	
18:30-19:20	Circuit Level 2 / 3 <b>Full</b>	Mat Beginner OPEN* Level 1  Group Reformer Level 2 <b>Full</b>	Mat Beginner OPEN* Level 1 <b>Full</b>  Group Reformer Level 1 <b>Full</b>	Mat Beg / Int OPEN* Level 2  Circuit Level 2 <b>Full</b>	
19:30-20:20		Group Reformer Level 2 / 3 <b>Full</b>			

(as of June 1, 2009)

**\*OPEN = Open for Drop-in clients. Registered clients have space priority.**

NOTE: Schedule subject to change. Please call to confirm class availability, level, and time.

GST not included in price.