

Class Schedule - 2012 Winter Session (January 9 - April 28)

Studio Closed: Feb 20, Monday (Family Day), Apr 6, Friday - Apr 8, Sunday (Easter weekend)

Mat Classes
(Min. 5 required to run class)

Cost:-
\$240/ 15 wk session (Mo/Fr/Sa)
\$256 / 16 wk session (Tu/We/Th)

TRX Suspension Training and Equipment Classes
(Min. 3 required to run class)

Cost:-
\$405/ 15 wk session (Mo/Fr/Sa)
\$432/ 16 wk session (Tu/We/Th)

Times	Jan 9 - Apr 23 Monday	Jan 10 - Apr 24 Tuesday	Jan 11 - Apr 25 Wednesday	Jan 12 - Apr 26 Thursday	Jan 14 - Apr 28 Saturday
9:00-9:50					Body Sculpt Reformer Level 2 OPEN*
10:00-10:50	Intensified Essential Mat Level 2 OPEN*	Essential Reformer Level 1			Power Paced Mat All Levels OPEN*
11:00-11:50				Circuit Level 3	
12:00-12:50	Essential Mat Level 1 OPEN*	Core Challenge - Level 4 OPEN* Jumpboard Interval Training Level 3	Essential Reformer Level 1	Core Challenge - Level 3 OPEN* Jumpboard Interval Training Level 3	
17:30-18:20	TRX Suspension Training All level Body Sculpt Reformer Level 2	Body Sculpt Reformer Level 2 TRX Suspension Training All level OPEN*	Essential Reformer Level 1	Circuit Level 4	
18:30-19:20		Body Sculpt -Reformer Level 2 Essential Mat Level 1	Intensified Essential Mat Level 2 OPEN* Circuit Level 2	Power Paced Mat Level 3 OPEN* Body Sculpt - Reformer Level 2	
19:30-20:20	Essential Reformer Level 1	Circuit Level 2		Body Sculpt - Reformer Level 2	

(as of Jan 10, 2012)

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

NOTE: Schedule subject to change. Please call 403-245-5885 to confirm class availability, level, and time.

GST not included in price.