WINTER SCHEDULE 2025

MFANDPILATES@GMAIL.COM

|  |  |  |  |  |  |
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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Sunday** |
| **Drop in OPTION****1 - $36.75****5 - $157.50****Please realize that availability is limited as all of our classes are registration based** | **10:00-11:00am****FIONA****Gentle Intermediate Full Apparatus** | **9:00-10:00am****FIONA****Intermediate Full Apparatus** | **9:15 – 10:15am****FIONA****Intermediate Full Apparatus** | **9:00-10:00am****FIONA****Intermediate Advanced Full Apparatus** | **9:30-10:30am****FIONA****Intermediate Mat Pilates****ZOOM** |
| **Independent Recovery Pilates Program****PRIVATE BOOKINGS FOR MINI SESSIONS****1:15 – 2:15pm****2:30-3:30pm** | **Independent Recovery Pilates Program****11:15-11:45am**  | **Independent Recovery Pilates Program****PRIVATE BOOKINGS FOR MINI SESSIONS****10:15-11:15am****11:30-12:30pm** | **10:25-11:25am****FIONA****Gentle Intermediate****Full Apparatus** |  | **ZOOM PASSES****1-$15****5-$65****10-$130** **Non expiry** |
|  | **12:00-1:00pm****FIONA****Intermediate Full Apparatus**  |  | **Independent Recovery Pilates Program****12:00-12:30pm****12:45-1:15pm** | **2:30-3:30pm****DOT****Gentle Corrective Full Apparatus** |  |
| **Independent Recovery Pilates Program****2:45-3:15pm****3:30-4:00pm** | **Independent Recovery Pilates Program****1:15-1:45pm** | **4:00-5:00pm****DOT****Gentle Corrective** **Full Apparatus**  | **4:00-5:00pm****TYRA****Reformer Pilates****For Teena** |  | **PAI****APChair 1****Feb 9,16,23,****March 2****12 – 5pm** |
| **5:15-6:15pm****FIONA****Advanced Full Apparatus**  | **5:15-6:15pm****MEGAN****Gentle Intermediate Full Apparatus** | **5:15 – 6:15pm** **DOT****Beginner Intermediate Full Apparatus** | **5:15-6:15pm****FIONA****Intermediate Full Apparatus** |  |  |
| **6:35-7:35pm****FIONA****Intermediate Advanced Full Apparatus** | **6:35-7:35pm** **MEGAN****Intermediate Full Apparatus** | **6:35-7:35pm****DOT****Gentle Intermediate Full Apparatus** | **6:35-7:35pm****FIONA****Intermediate Full Apparatus** |  |  |
| **7:50-8:50pm****FIONA****Advanced Full Apparatus** | **7:50-8:50pm****MEGAN****Intermediate Full Apparatus** | **7:50-8:50pm****TYRA****Intermediate Advanced****Full Apparatus** | **7:50-8:50pm** **FIONA****Advanced Full Apparatus** |  |  |

**IRPProgram** is a specific program designed for each person. If you are interested in this program, please contact us directly. If you are a new clients, 2 private sessions will be required. If you are an existing client, 1 private session will be required. The **IRPProgram** mini half hour sessions are not open for makeups or drop ins.

No classes on stat holidays