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