

IN-STUDIO CLASSES

APRIL 2022

MONDAY

10:00am: Essential Reformer
11:00am: Essential Reformer
4:30pm: Intermediate Reformer
5:30pm: Essential Reformer

TUESDAY

9:00am: Essential Pilates with Equipment
10:00am: Essential Reformer
5:00pm: Essential Pilates with Equipment

WEDNESDAY

5:30pm: Essential Pilates with Equipment

THURSDAY

9:00am: Essential Pilates
10:00am: Essential Reformer

FRIDAY

8:30am: Intermediate Reformer

SATURDAY

9:30am: Essential Pilates with Equipment

Studio location - Lower Level, BDC PLACE, 119 Kent Street,
Charlottetown, PE, C1A 1N3