










VIRTUAL CLASS SCHEDULE LIVE & ON DEMAND

Monthly membership \$45.99 + hst. Cancel anytime.

You never have to join in LIVE!

All classes will be transferred to our website library for you to enjoy anytime.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 9:00am LIVE 30-minute Total Body Pilates Express (SK & SN)		 9:00am LIVE Pilates Mat with Weights (KB)		 9:00am Pilates Mat with Props (KB)	 8:30am LIVE 4/5 Pilates mat & Barre combo class (SK/KB)
 ONLINE MONTHLY BONUS YOGA with Karina!	 12:15pm LIVE Total Body Fitness or Tabata with weights (SK)		 12:15pm LIVE 20-minute QUICK HIIT WORKOUT (SK)		

LIVE ONLINE CLASSES streamed through our PRIVATE Facebook group:

<https://www.facebook.com/groups/imotionfitness>

Join our PUBLIC Facebook group for all up-to-date class information and weather cancellations:

<https://www.facebook.com/imotionfitness>