










VIRTUAL CLASS SCHEDULE LIVE & ON DEMAND

Monthly membership \$45.99 + hst. Cancel anytime. Sign up at www.imotionfitness.ca and try it FREE for seven days.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 9:00am 30-minute Total Body Pilates Express (SK & SN)		 9:00am Pilates Mat with Props (KB)		 9:00am Pilates & Fitness FRIDAY FUN-DAY (KB)	 8:15am Intermediate Pilates Mat & Barre (SK/KB)
	 12:15pm 30-minute Total Body Fitness/ Tabata with weights (SK)		 12:15pm 20-minute QUICK-HIT FITNESS (SK/KB)		 MONTHLY BONUS YOGA with Karina! Posted mid-month!

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>