



IN-STUDIO CLASSES

PLEASE BOOK YOUR IN-STUDIO CLASSES at www.imotionfitness.ca
Studio location: Lower Level, 119 Kent Street, Downtown Charlottetown
CONTACT STEPHANIE at fitness@eastlink.ca or 902-314-4388 for more information

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|---|---|
| | 9:00am 3+ Pilates Matwork (SN) | | 9:00am 3+ Pilates Matwork (SN) | 8:30am 4+ Reformer (SK/SN) | 9:00am 3+ Pilates Mat with Equipment (SK/KB) |
| 10:00am 3+ Reformer (SN) | 10:00am 3+ Reformer (SN) | | 10:00am 3+ Reformer (SN) | | 10:00am COMBO Introduction to Reformer / Mat (SK/KB) |
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| 4:30pm 4+ Reformer (SN/SK) | 5:00pm 3+ Pilates Mat with Equipment (SN/SK) | 4:30pm 3+ Reformer (SN/SK) | 4:30pm Introduction to Reformer (Sarah) | Join our PUBLIC Facebook group for all up-to-date information and weather cancellations: https://www.facebook.com/imotionfitness | |
| 5:30pm 3/4 Reformer (SN/SK) | 6:00pm Introduction to Pilates Mat (Sarah) | | 5:30pm Essential Pilates Mat (Sarah) | | |

MORE at www.imotionfitness.ca