

## IN-STUDIO CLASSES

PLEASE BOOK YOUR IN-STUDIO CLASSES at [www.imotionfitness.ca](http://www.imotionfitness.ca)  
Studio location: Lower Level, 119 Kent Street, Downtown Charlottetown

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00am 3+ Pilates Matwork (SN)		9:00am 3+ Pilates Matwork (SN)	<b>8:30am</b> <b>4+ Reformer</b> (SK/SN)	9:00am 3+ Pilates Mat with Equipment (SK/ST)
<b>10:00am</b> <b>3+ Reformer</b> (SN)	<b>10:00am</b> <b>3+ Reformer</b> (SN)	<b>*NEW TIME!*</b> <b>10:00am</b> Essential Reformer for ALL LEVELS (Chloe)	<b>10:00am</b> <b>3+ Reformer</b> (SN)		<b>10:00am</b> <b>COMBO Introduction to</b> <b>Reformer / Mat</b> (SK/ST)
		<b>12:10pm</b> <b>SUMMER SHAPE-UP!</b> June 26 – August 14 (CD/SK)			
<b>4:30pm</b> <b>4+ Reformer</b> (SN/SK)	5:00pm 3+ Pilates Mat with Equipment (SN/SK)	<b>4:30pm</b> <b>3+ Reformer</b> (SN/SK)	<b>4:30pm</b> <b>Introduction to</b> <b>Essential Reformer</b> (Sarah)	Join our PUBLIC Facebook group for all up-to-date information and weather cancellations:  <a href="https://www.facebook.com/imotionfitness">https://www.facebook.com/imotionfitness</a>	
<b>5:30pm</b> <b>3/4 Reformer</b> (SN/SK)	6:00pm Building on Essential Pilates Mat (Sarah)				

**MORE at [www.imotionfitness.ca](http://www.imotionfitness.ca)**