



## **IN-STUDIO CLASSES** - *Effective August 29, 2024*

**BOOK ALL IN-STUDIO CLASSES at [www.imotionfitness.ca](http://www.imotionfitness.ca) – PLEASE CHOOSE YOUR LEVEL WISELY!**

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 3/4 Pilates Mat with Equipment (SK/ST)
<b>10:00am</b> <b>Essential 3+ Reformer</b> (SN)	<b>10:00am</b> <b>Essential 3+ Reformer</b> (SN)		<b>10:00am</b> <b>Essential 3+ Reformer</b> (SN)		<b>10:00am</b> <b>Essential 3+ Reformer</b> (SK/ST)
<b>4:30pm</b> <b>4+ Reformer</b> Intermediate/Advanced (SN/SK)	5:00pm 3/4 Pilates Mat with Equipment (SN/SK)	<b>4:30pm</b> <b>3/4 Reformer</b> Essential/Intermediate (SN/SK)	<b>4:30pm</b> <b>INTRODUCTION to</b> <b>Essential Reformer</b> (ST)	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> Essential/Intermediate (SN/SK)	6:00pm Building on Essential Pilates Mat (ST)		<b>5:30pm</b> <b>3/4 Reformer</b> Essential/Intermediate (ST)		

**Studio location: Lower Level, 119 Kent Street, Downtown Charlottetown**

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