



IN-STUDIO CLASS SCHEDULE MARCH 2025

SIGN-UP FOR ALL IN-STUDIO CLASSES at www.imotionfitness.ca – PLEASE CHOOSE YOUR LEVEL WISELY!

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

www.imotionfitness.ca

| 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 3/4 Pilates Mat with Equipment (SK/SW) |
| 10:00am Essential 3+ Reformer (SN) | 10:00am Essential 3+ Reformer (SN) | | 10:00am Essential 3+ Reformer (SN) | | 10:00am Essential 3+ Reformer (SK/SW) |
| 12:10pm – 12:50pm Full-Body Fitness (Paulette & Stephanie K) | | 12:10pm – 12:50pm Full-Body Fitness (Paulette & Stephanie K) | | | |
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| 4:30pm 4+ Reformer Intermediate/Advanced (SN/SK) | 5:00pm 3/4 Pilates Mat with Equipment (SN/SK) | 4:30pm 3/4 Reformer Essential/Intermediate (SK) | 4:30pm INTRODUCTION to Essential Reformer (SW) Feb 20 – Mar 13 March 20 – DROP-IN DEMO REFORMER CLASS! | Join our PUBLIC Facebook group for all up-to-date information, new class offerings and weather cancellations: https://www.facebook.com/imotionfitness | |
| 5:30pm 3/4 Reformer Essential/Intermediate (SN/SK) | 6:00pm Pilates Mat Basics for Beginners (Ends April 1*) | 5:30pm INTRO TO Intermediate REFORMER (SK) Feb 12 – March 19 *No class March 26* | 5:30pm 3/4 Reformer Essential/Intermediate (SW - March 6, 13 & 20) *Class moves to 5pm start on March 27* | | |