

IN-STUDIO CLASS SCHEDULE Fall 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 Inter/Advanced (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 – 1pm Introduction to Reformer September 9 – October 21 (SK)	12:10pm – 12:50pm Full-Body Fitness (Paulette & Stephanie K)			
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)	5:00pm POWER REFORMER (SW/SK)	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)		5:30pm Introduction to Reformer September 10 – October 15 (SK)			

**No classes September 30 - National Truth and Reconciliation Day;
October 13 – Thanksgiving; November 11 – Remembrance Day**