

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 3/4 Reformer Intermediate (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)
	12:15pm – 1:05pm Essential Review & Introduction to Intermediate Reformer October 28 – December 9 (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)	6:00pm Introduction to Reformer October 28 – December 9 (SN/SK)	5:30pm Essential Review & Introduction to Intermediate Reformer October 29 – December 3 (SK)	6:00pm Introduction to Reformer October 30 – December 4 with Stephanie Williamson		