

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	MAT	REFORMER	MAT	REFORMER	MAT	REFORMER	MAT	REFORMER	MAT	REFORMER	MAT	REFORMER
7am				7 to 8am Reformer Combo 2 Kelly				7 to 8am Reformer Combo 2 Kelly	<i>Spring Session</i> March 1 <sup>st</sup> to April 24 <sup>th</sup> 2010			
8am												
9am	9 to 10am Yoga Flow Nicole <i>Group Forming</i>	9 to 10am Reformer Combo 2 Jacqueline OPEN		9 to 10am Reformer Combo 1 Jacqueline OPEN				9 to 10am Reformer Combo 1 Jacqueline OPEN	9 to 10am Yoga Flow Nicole OPEN			9 to 10am All Reformer 1 Rotation OPEN
10am	10 to 11am Restorative Yoga Nicole <i>Group Forming</i>	10 to 11am Reformer Combo 2 Kim		<b>NEW!</b> 10 to 11am Reformer Combo Foundations Jacqueline		10 to 11am Reformer Combo 2 Kim	10 to 11am Fusion 2 Kim OPEN	<b>NEW!</b> 10 to 11am Reformer Combo Foundations Jacqueline	10 to 11am Restorative Yoga Nicole OPEN		10 to 11am Mat 2 Rotation OPEN	
11am		11 to 12pm Reformer Combo 1 Kim				11 to 12pm Reformer Combo 1 Kim						11 to 12am All Reformer 2 Rotation <i>Group Forming</i>
12pm												
1pm				1 to 2pm Reformer Combo 1 Karen OPEN				1 to 2pm Reformer Combo 1 Karen				
2pm			2 to 3pm Mat Rehab Karen OPEN				2 to 3pm Mat Rehab Karen			2 to 3pm Reformer Combo 2 Leslie OPEN		
3pm		3 to 4pm Reformer Combo 2 Kelly OPEN				3 to 4pm Reformer Combo 2 Kelly						
4pm		4 to 5pm Reformer Combo 1 Kelly OPEN	4 to 5pm Mat Foundations Leslie	<b>NEW!</b> 4 to 5pm Men's Reformer Foundations Kelly <i>Group Forming</i>		4 to 5pm Reformer Combo 1 Kelly	4 to 5pm Mat Foundations Leslie	<b>NEW!</b> 4 to 5pm Men's Reformer Foundations Kelly <i>Group Forming</i>	4 to 5pm Mat 1 Leslie OPEN			
5pm	5 to 6pm Mat 1 Debby OPEN	5 to 6pm Reformer Combo 2 Kim	5 to 6pm Mat 2 Leslie OPEN	5 to 6pm <b>*ICBC Core Conditioning Program</b> Karen	5 to 6pm Pilates for Golfers Debby	5 to 6pm Reformer Combo 2 Kim	5 to 6pm Mat 2 Leslie	5 to 6pm <b>*ICBC Core Conditioning Program</b> Karen		5 to 6pm All Reformer 2 Leslie <i>Group Forming</i>		
6pm	6 to 7pm Mat 2 Kim OPEN	6pm to 7pm All Reformer Foundations Debby	6pm to 7pm Therapeutic Yoga Jessica <i>Group Forming</i>	6pm to 7pm <b>*ICBC Core Conditioning Program</b> Karen	6pm to 7pm Mat 2 Kim OPEN	6pm to 7pm All Reformer Foundations Debby	6pm to 7pm <b>*ICBC Core Conditioning Program</b> Karen	6pm to 7pm Reformer Combo 2 Leslie OPEN	530 to 630pm Therapeutic Yoga Jessica OPEN			
7pm	7 to 8pm Mat 2 Debby OPEN		7 to 8pm Yoga Flow 2 Nicole <i>Group Forming</i>	7pm to 8pm <b>*Reformer Combo 1</b> Karen OPEN	7 to 8pm Mat 2 Debby OPEN			7 to 8pm <b>*Reformer Combo 1</b> Karen OPEN				



**LEGEND**  
Foundations  
Level 1  
Level 2  
Yoga  
\*Specialty

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