

STOTT PILATES®

Group Class Schedule

valid as of Dec 1, 2009

CONTACT US
 PHONE 416-482-4050 x221
 FAX 416-482-2742
 EMAIL studio@stottpilates.com
 WEBSITE www.stottpilatesstudio.com

STUDIO HOURS
 WEEKDAYS 7am – 8pm
 SATURDAYS 9am – 3pm

monday	tuesday	wednesday	thursday	friday	saturday				
	7am - 8am Group SPX Reformer Rie		7am - 8am Group SPX Reformer Michael		9am - 10am Group SPX Reformer Safia				
10am - 11am Circuit Training Rie	10am - 11am Group SPX Reformer Bianca			10am - 11am Group SPX Reformer Jeff	10am - 11am Group SPX Reformer Judi				
					10am - 11am Group Matwork Safia				
12pm - 1pm Group Matwork Tania	12pm - 1pm Group SPX Reformer Rie	12pm - 1pm Group SPX Reformer Lisa	12pm - 1pm Group SPX Reformer Lisa	12pm - 1pm Group Matwork Afseneh	11am - 12pm Group SPX Reformer Michael				
1pm - 2pm Group SPX Reformer Sarah					12pm - 1pm Circuit Training Michael				
	5pm - 6pm Group Matwork Bianca								
NEW 6pm - 7pm Pilates on a Roll Judi	6pm - 7pm Circuit Training Sarah	5pm - 6pm Group SPX Reformer Jeff	NEW 6pm - 7pm Pilates on a Roll Judi	5pm - 6pm Matwork Orientation Judi					
6pm - 7pm Circuit Training Stella	★ 3rd class of month Reformer 6pm - 7pm is a Jumpboard class	5pm - 6pm Group Matwork Bianca	★ 1st class of month Reformer 6pm - 7pm is a Jumpboard class	6pm - 7pm Reformer Orientation Judi					
7pm - 8pm Group SPX Reformer Tania	6pm - 7pm Group SPX Reformer Michael	6pm - 7pm Group SPX Reformer Jeff	6pm - 7pm Group SPX Reformer Bianca						
7pm - 8pm Group Matwork Judi	7pm - 8pm Group SPX Reformer Lisa	7pm - 8pm Group Matwork Bianca	7pm - 8pm Group SPX Reformer Tania						