

STOTT PILATES®

# Group Class Schedule

valid as of January 1, 2009

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

monday	tuesday	wednesday	thursday	friday	saturday
	7am - 8am <b>Group SPX Reformer</b> Michael		7am - 8am <b>Group SPX Reformer</b> Lisa		<b>NEW</b> 9am - 10am <b>Group SPX Reformer</b> TBA
10am - 11am <b>Circuit Training</b> Rie	10am - 11am <b>Group SPX Reformer</b> Bianca			10am - 11am <b>Group SPX Reformer</b> Michael	10am - 11am <b>Group SPX Reformer</b> Rie
					<b>NEW TIME</b> 10am - 11am <b>Group Matwork</b> Michael
12pm - 1pm <b>Group Matwork</b> TBA	1pm - 2pm <b>Group SPX Reformer</b> TBA	12pm - 1pm <b>Group SPX Reformer</b> Lisa	12pm - 1pm <b>Group SPX Reformer</b> Lisa	12pm - 1pm <b>Group Matwork</b> Rie	11am - 12pm <b>Group SPX Reformer</b> TBA
1pm - 2pm <b>Group SPX Reformer</b> Sarah					12pm - 1pm <b>Circuit Training</b> TBA
					1pm - 2pm <b>Matwork/Reformer</b> <b>Orientation</b>
<b>Yoga classes</b> First session <b>FREE</b> for current members!					
5:30pm - 6:15pm <b>Beginner Yoga</b> Laura					
6:15pm - 7pm <b>Intermediate Yoga</b> Laura					
5pm - 6pm <b>Group SPX Reformer</b> Jemark	5pm - 6pm <b>Group Matwork</b> Bianca		5:30pm - 6:30pm <b>Group Matwork</b> Michael	5pm - 6pm <b>Matwork</b> <b>Orientation</b>	
6pm - 7pm <b>Circuit Training</b> Stella	6pm - 7pm <b>Circuit Training</b> Sarah	5pm - 6pm <b>Group Matwork</b> Bianca	★ 1st class of month <b>Reformer 6pm - 7pm</b> is a Jumpboard class	6pm - 7pm <b>Reformer</b> <b>Orientation</b>	
7pm - 8pm <b>Group SPX Reformer</b> Michael		6pm - 7pm <b>Group SPX Reformer</b> Jemark	6pm - 7pm <b>Group SPX Reformer</b> Bianca		
7pm - 8pm <b>Group Matwork</b> Lisa	7pm - 8pm <b>Group SPX Reformer</b> Lisa	7pm - 8pm <b>Group Matwork</b> Bianca	<b>NEW</b> 7pm - 8pm <b>Group SPX Reformer</b> Tania		



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LEGEND: ■ = Essential ■ = Essential / Intermediate ■ = Intermediate ■ = Orientation