

BODY ESSENTIALS STUDIO SCHEDULE - EARLY WINTER 2025
6 Weeks - Thur.Jan. 2/25 - Tues.Feb. 11/25

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:00 AM		PILATES/YOGA FUSION 60 Minutes Angie			
12:15 PM			PILATES/YOGA For Difficult Bodies 60 Minutes Angie		
1:30 PM					
6:45 PM		PILATES/YOGA FUSION with RESTORATIVE 75 Minutes Angie		PILATES/YOGA FUSION with RESTORATIVE 75 Minutes Angie	

NOTE: Classes need 4 registered guests/class in order to run. Sessions may be delayed until enough guests registered thereby reducing fees and duration of session. Matwork Classes - Max. 6 guests to provide exceptional quality programming. Missed classes must be made up within the registered session unless other arrangements have been made with the instructor. **CONTACT ANGIE TO REGISTER Text:705-927-4523 or EM:bodyessentials1998@gmail.com** ALL FEES INCLUDE 13% HST

Classes 75 Minutes Long - 1 class/wk \$169.50 - (\$28.25/class) 2 classes/wk \$325.44 - (\$27.12/class)

Drop In \$33.90

Classes 60 Minutes Long - 1 class/wk \$135.60 - (\$22.60/class) 2 classes/wk \$257.64 - (21.47/class)

Drop In \$28.25

COMING SOON - Pilates Circuit Training with Angie & Yoga Classes with Cheryl Badham