

BODY ESSENTIALS STUDIO SCHEDULE - EARLY WINTER 2026
4 WEEKS- Tuesday, January 20th - Thursday, February 12, 2026

Website: bodyessentials.ca for Full Class Descriptions and Other Pertinent Info.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:00 AM		PILATES/YOGA FUSION - 60 Minutes 4 Weeks - Angie	Possibly Another Offering Either Here Or Below		
12:15 PM			Possibly Another Offering Here Or Above		
1:30 PM					
6:45 PM		PILATES/YOGA FUSION WITH RESTORATIVE FINISH 75 + Minutes 4 Weeks Angie	PILATES/ YOGA FUSION WITH RESTORATIVE FINISH 75 + Minutes 4 Weeks Angie	PILATES/YOGA FUSION WITH RESTORATIVE FINISH 75 + Minutes 4 Weeks Angie	ONCE A MONTH KARMA CLASS - TBA Eg PILATES CIRCUIT (incl, TRX, CARDIO, REFORMER, ETC Or Restorative Or Yin 60 or 75 Minutes Depends on Concept Angie

NOTE: Classes need 5 registered guests in order to run. Matwork Classes - Max 6 guests to provide semi-private concept and exceptional quality programming. Missed classes must be made up within the registered session unless other arrangements have been made with the instructor. Karma Classes are No Charge - Donations Graciously Accepted - whatever a person affords to donate. Various charitable organizations will receive 100% of your donation. 60 Min. Classes are \$20/class + HST X # of Weeks 75+ Min. Classes are \$25./class + HST X # of Weeks. I am open to offering other class times eg. Early am, Mid am, Afternoon. Please enquire.