

**BODY ESSENTIALS STUDIO SCHEDULE - LATE WINTER 2026**  
**6 WEEKS- Tuesday, March 3, 2026 - Thursday April 9, 2026**

Website: [bodyessentials.ca](http://bodyessentials.ca) for Full Class Descriptions and Other Pertinent Info.

<b>TIME</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
11:00 AM		PILATES/YOGA FUSION - 60 Minutes  Angie	Open to having a class here as well if enough interest		
12:15 PM					
1:30 PM					
6:45 PM		PILATES/YOGA FUSION WITH RESTORATIVE FINISH 75 + Minutes  Angie	PILATES/ YOGA FUSION WITH RESTORATIVE FINISH 75 + Minutes  Angie	PILATES/YOGA FUSION WITH RESTORATIVE FINISH 75 + Minutes  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 7 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.