

BODY ESSENTIALS STUDIO SCHEDULE - EARLY FALL 2026
9 WEEKS- Tuesday, Sept 8, 2026 - Wednesday, Nov 11, 2026
 (Although 9 classes included in this session - it will run 10 weeks)
 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 Angie	Open to having a class here if enough interest - 60 Minutes		
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	Open to having a class here as well if enough interest	

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.

60 Min. Classes are \$20/class + HST X # of Weeks

75+ Min. Classes are \$25./class + HST X # of Weeks.

Payment Options; Cash, Cheque, E-Transfer (to my email), Credit Card (2.75% added to card purchases)

I'm open to offering more class times eg. Early am, Mid am, Afternoon. Please enquire.

Angela Hill, RMT, RYT500, Cert. Pilates Mat/Large Equipment, FIS - EM: bodyessentials1998@gmail.com

Cell: 705-927-4523

NOTE: No Evening Classes on Wed. September 16th or Tues. September 29th