

# Counterbalance Studio Pilates

## Class Schedule

2018

| Monday                                  | Tuesday                     | Wednesday                               | Thursday                       | Friday                      | Saturday                           | Sunday                                |
|---|-----------------------------|---|--------------------------------|-----------------------------|------------------------------------|---------------------------------------|
|   |                             |   | 7-8 Good Morning Mat Elaine    | 8:00-9:15 Equipment Fiona   |                                    |                                       |
| 8:45-10:00 Uninstructed Fiona           | 8:45-10:00 Equipment Sacha  | 8:45-10:00 Equipment Elaine             | 8:00-9:00 Uninstructed Elaine  | 9:15-10:30 Equipment Fiona  | 9:00-10:15 Free Your Fascia Carrie | 8:30-9:45 Equipment Elaine            |
| 10:15-11:30 Mat I/II Fiona              | 10-11:15 Equipment Sacha    | 10:00-11:15 Equipment Elaine            | 9:00-10:15 Equipment Sheri     | 10:30-11:45 Equipment Fiona | 10:30-11:45 Equipment Carrie       | 10:00-11:00 3-D* Elaine<br>Qi Gong ** |
| 11:45-1:00 Equipment Fiona              | 11:15-12:30 Equipment Sacha | 11:15-12:30 Equipment Fiona             | 10:15-11:30 Equipment Sacha    | 11:45-1:00 Equipment Fiona  | 11:45-1:00 Equipment Carrie        |                                       |
|   | 12:30-1:45 Equipment Sacha  | 12:40-1:55 Equipment Fiona              | 11:30-12:45 Equipment Sacha    |                             | 1:30-2:30 3-D Carrie               | 1:00-2:15 Foundations Pilates Mat*    |
|   |                             | 2:00-3:00 3-D Fiona                     | 12:45-2:00 Equipment Sacha     |                             |                                    |                                       |
| 3:00-4:15 Equipment Sacha               |                             |   |                                |                             |                                    |                                       |
| 4:30-5:45 Equipment Sacha               |                             |   | 4:30-5:45 Equipment Sheri      |                             |                                    |                                       |
| 5:45-7:00 Equipment Sacha               | 6:00-7:00 Mat I Carrie      | 6:00-7:00 A Class for Nellie's Elaine   | 6:00-7:00 ELDOA Sheri          |                             |                                    |                                       |
| 7:00-8:15 Equipment Sacha               | 7:10-8:10 Mat II Carrie     | 7:15-8:30 Equipment Elaine              | 7:15-8:30 Equipment Sheri      |                             |                                    |                                       |
| 8:30-9:30 Apprentice Essentrics* Harjit |                             | 8:40-9:40 Apprentice Essentrics* Harjit | 8:40-9:30 Youth Classes* Sheri |                             |                                    |                                       |

\* See details on Series page. \*\* Qi Gong will resume. Please contact the studio for information.

Information subject to change.

**Counterbalance Studio Pilates, 1911 Danforth Ave., Toronto, ON M4C 1J5**  
(416) 901-2911, counterbalancestudiopilates@rogers.com