

# Counterbalance Studio Pilates

## Class Schedule

www.counterbalancestudiopilates.com

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	9:00-10:15 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	10:15-11:30 Equipment Sacha	10:15-11:15 Equipment Elaine	9:00-10:15 Equipment Sheri	10:30-11:45 Equipment Fiona	10:30-11:45 Equipment Carrie	10:00-11:00 Chi Gong Shawn
11:45-1:00 Equipment Fiona	11:30-12:45 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	11:15-12:15 3-D Elaine
1:15-2:15 Fiona: Private	12:45-2:00 Equipment Sacha	12:40-1:55 Equipment Fiona	11:30-12:45 Equipment Sacha	12:00-1:00 Session Elaine	1:30-2:30 3-D Carrie	NEW! 1:00-2:00 Pilates Mat I & Props, Mayana
	2:30-3:30 Private Sheri	2:00-3:00 3-D Fiona	12:45-2:00 Private, alt. wks. Sacha			Stay Tuned 2:15-3:30 Equipment Mayana
3:00-4:15 Equipment Sacha			3:00-4:15 Private Sheri			
4:30-5:45 Equipment Sacha	4:15-5:30 Semi-private Carrie	4:30-5:30 Alignment & Core Integration Sheri	4:30-5:45 Equipment Sheri	4:00-5:15 Semi-private Mayana		
5:45-7:00 Equipment Sacha	6:00-7:00 Mat I Carrie	6:00-7:00 Equipment Sheri	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/Sheri	7:15-8:30 Equipment Sheri			

**Interested in classes? Contact the studio or go direct and contact the teacher:**

**Elaine:** elainebiagiturner@gmail.com

**Fiona:** fionamacdonaldpilates@gmail.com

**Carrie:** pilatesand3d@gmail.com

**Sacha:** sachak15@hotmail.com

**Sheri:** sheri.kimura@gmail.com

**Shawn:** shawn.aarons@sympatico.ca

**Information subject to change.**

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