



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING CLASSES					
9:45 - 10:45 Pilates Mat II Fiona		9:00 - 10:00 Ballet Barre Fiona			9:00 - 10:00 Free Your Fascia Carrie
11:00 - 11:30 Stretch & Move Fiona	10:00 - 11:00 Pilates Mat II Sacha	10:15 - 11:15 3-D Workout Fiona	10:00 - 11:00 Pilates Mat II Sacha		10:00 - 11:00 Pilates Mat I/II Fiona
			10:30 - 11:30 ELDOA I/II Sheri		
			11:30 - 12:00 Stretch & Move Fiona		
AFTERNOON & EVENING CLASSES					
3:30 - 4:30 ELDOA I/II Sheri					
				4:00 - 5:00 3-D Chair Edition Carrie	
5:30 - 6:30 ELDOA II Sheri	5:30 - 6:30 Pilates Mat I/II Carrie		6:45 - 7:45 Pilates Mat I/II Sheri		
7:00 - 8:00 ELDOA all levels Sacha	7:00 - 7:30 Candlelight Stretch Carrie	8:00 - 8:30 Wind Down ELDOA Sheri	8:00 - 8:30 Wind Down ELDOA Sheri		

For questions or to register for a class, contact the teacher:

Fiona: fionamacdonaldpilates@gmail.com

Carrie Lynn: pilatesand3d@gmail.com

Sacha: sachak15@hotmail.com

Sheri: toronto.eldoa@gmail.com

Fees:

1 hr class: \$20 for single class or \$90 for 5 classes (\$18 / class)

30 min classes: \$12 for single class or \$50 for 5 classes (\$10 / class)

Follow us on Instagram
@counterbalancestudio
for schedule updates
& new classes!

Are we missing something?
Contact us and let us know
what class you're looking
for!