



### Dita Pilates Studio Class Schedule - Summer 2018 (until Labour day)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 am							
8:00 am		Reformer Power - Dita		Reformer Challenge - Dita			
9:00 am	Reformer Power - Daniel		Reformer Power - Daniel		Reformer Challenge - Shannon		
9:00 am							Reformer Tone - Shannon
10:00 am				Reformer Power - Dita	Barre Body - Amy	Reformer Power - Dita	Reformer Power - Shannon
10:00 am		Barre Body - Samara					
11:00 am	Reformer Tone - Daniel	Reformer Power - Dita	Reformer Tone - Daniel		Reformer Tone - TBC		
12:00 pm							
1:00 pm							
2:00 pm							
5:00 pm							
6:00 pm							
6:00 pm	Reformer Challenge - Amy	Reformer Tone - Maria					
7:00 pm	Reformer Tone - Amy	Reformer Power - Maria		Reformer Core - Shannon			
8:00 pm	Reformer for MEN - Amy		Athletic Reformer - Amy				

Call us now to book your classes - 514.656.3482.  
 Space is limited (up to 8 people only)!  
 Private sessions can be scheduled at your convenience.