

## Fall / Winter 2018 Class Schedule (as of 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 Shannon		Reformer Power Dita		Reformer Challenge Shannon		Reformer Tone Maria
10:00 am		Barre Body Samara	Athletic Reformer Dita	Reformer Power Dita	Barre Body Elizabeth	Reformer Power Dita	Reformer Power Maria
11:00 am	Reformer Tone Shannon	Reformer Power Dita	Reformer Tone Isabelle		Reformer Tone Isabelle		
12:00 pm			Pilates Rehab Dita				
6:00 pm	Reformer Challenge Maria	Reformer Tone Maria					
7:00 pm	Reformer Tone Maria	Reformer Power Maria		Reformer Core Shannon			
8:00 pm	Athletic Reformer Maria						

Book your classes with us or online via the MINDBODY App (search Dita Pilates Studio)

Space is limited (up to 8 people only)!

Private sessions can be scheduled at your convenience.

[www.ditapilates.com](http://www.ditapilates.com)