

PILATES UNLIMITED CLASS SCHEDULE ~ 2017 FALL

1706 ALBERNI STREET ~ WWW.PILATES.CA ~ 604 875 0404 ~ INFORMATION@PILATES.CA

	MON	TUES	WED	THURS	FRI	SAT	SUN
7:00 am			REFORMER: All Levels				
9:30 am		SDG		SDG		SDG	
10:30 am						REFORMER: All Levels	
11:00 am	REFORMER: All Levels		REFORMER: All Levels		REFORMER: All Levels		
11:30 am	PRIVATE SESSIONS AVAILABLE 7 DAYS A WEEK!					REFORMER PROGRESSIVE*** Beginner Series Sept 16 - Oct 28	
5:00 pm	SDG			SDG			
6:00 pm		REFORMER: Advanced	6:15 PILATES HIT (45 mins)	REFORMER All Levels			
7:00 pm	REFORMER: All Levels	REFORMER: All Levels	REFORMER PROGRESSIVE** Beginner Series Sept 13 - Oct 25				
8 pm	REFORMER PROGRESSIVE* Beginner Series Sept 11 - Oct 23 no class Oct 9		REFORMER: All Levels				

SDG: Self Directed Group
Instructor supervised self-directed equipment classes. Work on your own program at your pace. Must have a minimum of 5 Privates

Register for a series to guarantee your spot, build strength over a progressive weekly commitment while saving money!

Registered Series

Reformer: *6 classes for \$150+GST
**7 classes for \$175+GST
***8 classes for \$200+GST

Private Sessions Specials:

5 Privates: \$425 (new clients only, 2 month expiry)
Junior Instructor Privates: \$59!

Group Class Card:

Single Matwork class \$25
Single Equipment class \$32
5 Class Pkg (2 month expiry): \$149
10 Class Pkg (2 month expiry): \$289
15 Class Pkg (2 month expiry): \$399

Purchase a class card and get the flexibility to attend classes when you are available!

**All prices add GST
Classes are 55 minutes**

Cancellation policy: We require 24 hours notice for drop-in classes & 3 business days for our pre-registered progressive series or sessions will be charged in full. No make-ups on missed classes.

Call or email Reception to book your spot. Class sizes are small, space is limited.