

	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 am – 7:30 am		Intermediate Reformer Mona		Intermediate Reformer Mona	
7:35 am – 8:35 am	Beginner Reformer Kirsty 7:00-8:00	Intermediate Mat Mona		Intermediate Mat Mona	
8:45 am – 9:45 am	Intermediate Mat Kirsty 8:50-9:50 am	Intermediate Reformer Mona 8:45-9:45 pm		Intermediate Reformer Mona 8:45-9:45 pm	
	Beginner Reformer Mona 8:50-9:50 am				
10:00 - 11:00 am	Reformer for Men Kirsty	Essential Mat Megan		Beginner/Intermediate Reformer Kirsty	
		Beginner Reformer Mona			
11:15 - 12:15 pm	Intermediate Reformer Kirsty	Beginner/Intermediate Reformer Mona		Beginner/Intermediate Reformer Mona	
12:30 – 1:30 pm	Intermediate/Advanced Reformer Kirsty		Intermediate/Advanced Reformer Kirsty	Jumpboard Conditioning Kirsty	
	Barre Mona 12:10-1:10 pm				
2:00 – 3:00 pm					
3:05-4:05 pm				Intermediate Reformer Mary Ann 3:05 – 4:05 pm	
4:05 – 5:05pm			Intermediate/Advanced Reformer Mona		
5:10 – 6:10 pm	Beginner Reformer Mary Ann 5:10-6:10 pm	Beginner Mat Mary Ann 5:15-6:15 pm	Intermediate/Advanced Mat Mona 5:15-6:15 pm		
			Beginner Reformer Mary Ann 5:10-6:10 pm		
6:20 – 7:20 pm		Intermediate Reformer Mary Ann 6:40-7:40 pm	Intermediate Reformer Mona 6:30-7:30 pm		
7:35 – 8:35 pm			Advanced Reformer Mona		

# Studio Rates

## Studio Sampler

1 one hour private, 1 mat class, 1 Reformer class = \$95.00

## Matwork

\$15.00 / Class for 6 week session

1 Class / Week for 6 weeks = \$90.00 (6 Classes)

Punch Pass \$150.00 (10 Classes with a 3 Month Expiry Date)

Drop In \$17.00

## Reformer

\$25.00 / Class for a 6 week session

1 Class / Week for 6 Weeks = \$150.00 (6 Classes)

2 Classes/ Week for 6 Weeks = \$300.00 (12 Classes)

Drop In \$27.00 (limited spots available, check with studio)

Semi Privates \$45.00 / per person

## Barre

Total Barre \$15.00 / Class for 6 week session

Drop In Total Barre \$17.00

## Private Sessions

1 hour \$70.00

5 hour package \$340.00 Bulk discounted rate (\$68.00 / hour)

10 hour package \$620.00 Bulk discounted rate (\$62.00 / hour)

*In 10 sessions you'll feel the difference, in 20 sessions you'll see the difference and in 30 sessions you'll have a whole new body.*

**Joseph Pilates**



*Call the studio to register*

**250.352.1600**

*info@kootenapilates.com*

*540 Baker Street*

*Nelson, BC*

♥ Older adults (65+) receive a 10% discount on all prices

