

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

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 \$42.00 / 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

