

	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 am – 7:30 am		Intermediate Reformer Mona		Intermediate Reformer Mona	
7:35 am – 8:35 am	Intermediate 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	Gentle Mat Kirsty **NEW CLASS		Intermediate Reformer Kirsty	
		Intermediate Reformer Mona		Gentle Mat Mona **NEW CLASS	
11:15 - 12:15 pm	Intermediate Reformer Kirsty	Intermediate Reformer Mona	Beginner Reformer Kirsty **NEW CLASS	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 **No Class Jan 8th				
4:05 – 5:05pm			Intermediate/Advanced Reformer Mona		
5:10 – 6:10 pm	Intermediate Reformer Mary Ann 5:10-6:10 pm	Beginner Mat Mary Ann 5:15-6:10 pm **NEW CLASS	Intermediate Mat Mona 5:15-6:15 pm		
6:20 – 7:20 pm	Beginner Reformer Mary Ann 6:20-7:20 pm **NEW CLASS		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@kootenaipilates.com

540 Baker Street

Nelson, BC

♥ Older adults (65 +) receive a 10 % discount on group classes

