

	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 am – 7:30 am	<b>**No Classes Monday Sept 3 &amp; Oct 8</b>	Intermediate Reformer Mona		Intermediate Reformer Mona	
7:35 am – 8:35 am	Intermediate Reformer Kirsty <b>7:00-8:00</b>	Intermediate Mat Mona	Beginner/Intermediate Reformer Mona <b>7:00-8:00</b>	Intermediate Mat Mona	
8:45 am – 9:45 am	Intermediate Mat Kirsty <b>8:50-9:50 am</b>	Intermediate Reformer Mona 8:45-9:45 pm		Intermediate Reformer Mona 8:45-9:45 pm	
	Beginner/Intermediate Reformer Mona <b>8:50-9:50 am</b>				
10:00 - 11:00 am	Reformer for Men Kirsty	Gentle Mat Kirsty		Intermediate Reformer Kirsty	
		Intermediate Reformer Mona			
11:15 - 12:15 pm	Intermediate Reformer Kirsty	Intermediate Reformer Mona	Beginner/Intermediate Reformer Kirsty	Beginner/Intermediate Reformer Mona	
12:30 – 1:30 pm	Intermediate/Advanced Reformer Kirsty		Intermediate/Advanced Reformer Kirsty	Jumpboard Kirsty	
	Barre Mona				
4:00 – 5:00 pm				Barre Mona	
5:15 – 6:15 pm	Fundamentals Beginner Mat Heather <b>**New Class!</b>		Intermediate Mat Mary Ann	Beginner/Intermediate Reformer Mary Ann	
6:30 – 7:30 pm			Intermediate Reformer Mary Ann		
7:35 – 8:35 pm			Intermediate Reformer Mary Ann		

# Studio Rates

## Studio Sampler

1 one hour private, 1 mat class, 1 Reformer class = \$100.00

## 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 \$75.00

5 hour package \$350.00 Bulk discounted rate (\$70.00 / hour)

10 hour package \$650.00 Bulk discounted rate (\$65.00 / 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 group Reformer classes

