

	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 am – 7:30 am	**No Classes Monday July 1	Intermediate Reformer Mona	Beginner/Intermediate Reformer Mona	Intermediate Reformer Mona	Intermediate Reformer Mona
7:35 am – 8:35 am		Mixed Level Mat Mona		Mixed Level Mat Mona	
8:45 am – 9:45 am	Mixed Level Mat Kirsty 8:50-9:50 am	Intermediate/Advanced Reformer Mona 8:45-9:45 pm		Intermediate/Advanced Reformer Mona 8:45-9:45 pm	
	Beginner/Intermediate Reformer Mona 8:50-9:50 am			**Chair Duet 2 spots only Kirsty 8:50-9:50 am	
10:00 - 11:00 am	Mens Reformer Kirsty	Mixed Level Mat Kirsty		Intermediate/Advanced Reformer Kirsty	
		Intermediate Reformer Mona			
11:15 - 12:15 pm	Beginner Reformer Kirsty	Intermediate Reformer Mona	Beginner/Intermediate Reformer Kirsty	Beginner/Intermediate Reformer Mona	Intermediate Reformer Mona
12:30 – 1:30 pm	Intermediate Reformer Kirsty		Intermediate/Advanced Reformer Kirsty	Reformer Jumpboard Kirsty	
				**Chair Duet 2 spots only Mona 12:30-1:30 am	
4:00 – 5:00 pm					
5:15 – 6:15 pm					
6:30 – 7:30 pm			Intermediate Reformer Mary Ann	Intermediate Reformer Mary Ann	
7:35 – 8:35 pm					

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

Chair Duet

\$25.00 / Class

**2 people max per class

Barre

Barre \$15.00 / Class for 6 week session

Drop In 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

