

# Class Schedule

Pilates on Beechwood  
October 9th - October 15th

## MONDAY

## TUESDAY

- 7:30AM** Reformer Wake Up with Sara
- 9AM** Open Level/Beginner with Stefania
- 12PM** A\$\$ Class with Stefania
- 5:30PM** Tonus & mobilité\* with Mélissa
- 6:30PM** Bras, abdos et fessiers\* with Mélissa

## WEDNESDAY

## THURSDAY

- 7AM** Reformer Wake Up with Amy
- 8AM** Open Level/Beginner with Amy
- 12PM** Power Pilates with Kelly
- 6PM** Abs & A\$\$ with Sara
- 7PM** Beginner with Sara

- 7:30AM** Reformer Wake Up with Kelly
- 9AM** Open Level/Beginner with Kelly
- 12PM** Flow with Karen
- 5:30PM** Tonus & Mobilité\* with Hélène
- 6:30PM** Bras, abdos et fessiers\* with Hélène

## FRIDAY

## SATURDAY

- 7AM** Reformer Wake Up with Amy
- 8AM** Reformer Wake Up with Stefania
- 9AM** Beginner with Stefania
- 12PM** Beginner Plus with Joanna
- 5PM** Burn with Joanna

- 9AM** Reformer Wake Up with Sara
- 10AM** Open Level/Beginner with Sara
- 11AM** Beginner Plus with Sara

[book your classes here](#)

*\*instructions en français*

REFORMER STUDIO  
**Pilates**  
on Beechwood