



# Studio Équilibre Sherbrooke

8 Sherbrooke East Street

Schedule from July 3<sup>rd</sup> to August 27<sup>th</sup> 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10:45am-11:45am REFORMER PILATES* Regular Room 1 - Roxane		10:45am-11:45am REFORMER PILATES* Regular Room 1 – Tika		9:45am - 10:45am REFORMER PILATES** Intermediate Room 1 - Roxane
	12pm - 1pm REFORMER PILATES* Regular Room 1 - Roxane	12pm - 1pm MAT PILATES Open to all Room 2 - Lola		12pm - 1pm REFORMER PILATES* Regular Room 1 – Patricia	11am - 12pm REFORMER PILATES* Beginner Room 1 - Roxane
5:30pm - 6:30pm BARRE FITNESS Open to all Room 2 - Lucile					
5:30pm - 6:30pm PILATES REFORMER* Regular Room 1 - Lorena	5:45pm - 6:45pm PILATES REFORMER* Regular Room 1 – Peggy	5:30pm - 6:30pm PILATES REFORMER* Regular Room 1 - Lola	5:30pm - 6:30pm BARRE FITNESS Open to all Room 2 - Maudaline	5:30pm - 6:30pm PILATES REFORMER* Regular Room 1 - Maudaline	
6:45pm - 7:45pm MAT PILATES Open to all Room 2 - Lucile	7pm - 8pm PILATES REFORMER Initiation Room 1 – Peggy		6:45pm - 7:45pm MAT PILATES Open to all Room 2 - Maudaline		

\*This level is for you if you have some experience with the Pilates Reformer. You need to have done the initiation and then the beginner levels. Feel free to ask your teacher for advice.

\*\*If you want to join an intermediate level class, you must have some Reformer Pilates experience and the required level. Ask your instructor for advice if you have the level.