

Studio Île-des-Sœurs

Schedule from October 30th to December 23rd 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10am – 11am REFORMER PILATES** Intermediate Lucile	8am – 9am REFORMER PILATES** Intermediate Bonnie	9:30am–10:30am REFORMER PILATES** Intermediate Martine	8am – 9am REFORMER PILATES* Regular Bonnie	9:30am-10:30am REFORMER PILATES*** Initiation Roxane	9am – 10am REFORMER PILATES* Regular Éric	
11:15am-12:15pm REFORMER PILATES* Regular Lucile	9:15am-10:15am REFORMER PILATES Beginner Calista (Class in English)	10:30am-11:30am REFORMER PILATES* Regular Martine	10am – 11am REFORMER PILATES** Intermediate Josée	10:45am-11:45am REFORMER PILATES** Intermediate Roxane	10am – 11am REFORMER PILATES* Regular Éric	10am-11am REFORMER PILATES** Interm. cardio+ Priscilla
12:15pm–1:15pm REFORMER PILATES Beginner Lucile	10:30am–11:30am REFORMER PILATES* Regular Calista (Class in English)	11:30am-12:30pm REFORMER PILATES Beginner Martine	11am - 12am REFORMER PILATES Beginner Lucile	11:45am-12:45pm REFORMER PILATES* Regular Roxane	11:15am-12:15pm REFORMER PILATES** Intermediate Éric	11am-12am REFORMER PILATES Regular Priscilla
	12pm – 1pm REFORMER PILATES** Intermediate Josée	5:30pm-6:30pm REFORMER PILATES Beginner Peggy	12:15pm-1:15pm REFORMER PILATES* Regular Lucile		12:30pm-1:30pm REFORMER PILATES*** Initiation Éric/Mathilde	
5:45pm-6:45pm REFORMER PILATES Beginner Calista (Class in English)	5:45pm-6:45pm REFORMER PILATES* Regular Éric	6:30pm-7:30pm REFORMER PILATES* Regular Peggy	5:15pm-6:15pm REFORMER PILATES Beginner Calista (Class in English)			
7pm – 8pm REFORMER PILATES* Regular Calista (Class in English)	7pm – 8pm REFORMER PILATES** Intermediate Éric	7:30pm-8:30pm REFORMER PILATES* Regular Peggy	6:30pm–7:30pm REFORMER PILATES* Regular Calista (Class in English)	6pm – 7pm REFORMER PILATES* Regular Priscilla		

*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.

***The Reformer Initiation class is given every Fridays and Saturdays: November 11th & 25th and December 9th.