



inhabit

pilates & movement

Winter 2019 Schedule

January 7th - March 30st

*Note: The studio will be closed on
Monday, February 18th for Family Day*

Monday

9:30 AM	ELDOA 1-2	Sheri
10:45 AM	Equipment	Sheri
12:00 PM	Whole Body 1-2	Sheri
5:00pm	Equipment	Jill
6:15pm	Circuit Mat	Jill

Tuesday

7:30 AM	Equipment	Emilie
9:30 AM	Equipment	Emilie
1:00 PM	Equipment	Julia
2:00 PM	Equipment	Julia
4:00 PM	Equipment	Sarah K.
5:15 PM	ELDOA 2	Sarah K.
6:30 PM	Active Stretch & Strength	Sarah K.
7:45 PM	Equipment	Sarah K.

Wednesday

9:30 AM	Equipment: Instructor Led	Michelle
10:35 AM	Dynamic Mat	Michelle
4:15 PM	ELDOA 1-2	Sheri
5:30 PM	Equipment	Sarah F.
6:30 PM	Equipment	Sheri
7:45 PM	Whole Body 2	Teacher

Thursday

7:30 AM	Equipment	Julia
9:30 AM	Equipment	Julia
12:00 PM	Deep Strength	Sarah K.
1:15 PM	Equipment	Sarah K.
2:15 PM	Equipment	Sarah K.

Friday

9:30 AM	Whole Body 2	Julia
10:45 AM	Equipment	Julia

Saturday

9:00 AM	Equipment	Sarah F.
10:15 AM	Whole Body 1-2	Sarah F.
11:30 AM	Equipment	Sarah F.

*Private classes available Monday to Sunday

**Please check our online schedule for daily updates

***The numbers indicate what experience level you may need to join class. 1 is for everyone, 1-2 is accessible & 2-3 need some experience.

1211 Bathurst Street, Toronto | 416-551-2559

www.inhabitpilates.com