


**Studio 100 - Spring/Summer 2010 Schedule - May 3 - September 12, 2010**

**Group Classes and Pre-Registered Classes**

**Plain: Classes included in Group with memberships.**

**Highlighted: Pre-Registered Programming. Additional Fee applies. See reverse.**

MON 6am-9pm	TUE 7am-9pm	WED 6am-9pm	THU 7am-9pm	FRI 6am-630pm	SAT 9am-1pm	SUN 10-1pm
6:15-7 Cardio/Strength on the ball All Levels Jon		6:15-7 Cardio kickbox All Levels Jon		6:15-7 Cardio/Strength on the ball All levels Jon		
	7-8 Group PT Mike L		7:30-8:30 Group Reformer 3/4 Claire			
8:45-10 Yoga - Shoulder Shapers All Levels Claire		8:45-10 Yoga - Happy Hips All levels Claire	8:45-10 Walk-irates™ All levels Claire			
	9:15-10 Pilates Circuit 2 Claire			9:15-10 Core Challenge 2 Mike L	9:15-10 Full Body Blast All Levels Mike S	
10:15-11:15 Group Reformer 2 Claire					10:15-11 Hula Hoop Fitness All Levels Cara	
12:15-1 Full Body Sculpt All levels Jon	12:15-1 Pilates Pure Mat All levels Claire	12:15-1 Pilates Ball 2 Melanie O	12:15-1 Full Body Sculpt All Levels Jon	12:15-1 Vertical Pilates All levels Holly	11:15-12 Pilates Ball 2 Holly	11:15-12 Pilates Pure Mat 2 Holly
				12:15-1:15 Group PT Mike L	12:15-1 Community Event Classes	12:15-1 Cardio Kickbox All levels Jon
4:30-5:15 Pilates Toning Balls 2 Melanie O	4:30-5:15 Vertical Pilates All levels Holly	4:30-5:15 Walk-irates™ All Levels Claire	4:30-5:15 Pilates Pure Mat 1 Holly			1:15-2:15 Lifestyle 180 Bootcamp All Levels Jon
5:30-6:15 Walk-irates™ All Levels Claire	5:30-6:15 Gentle Flow Yoga 1 Beth	5:30-6:15 Full Body Sculpt All levels Mike S	5:30-6:15 Pilates Props 3 Miranda			
	5:30-6:30 Group Reformer 1/2 Miranda					
6:45-7:45 Pilates Bootcamp 2 Melanie O	6:45-7:30 Circuit 2/3 Mike S	6:45-7:30 Pilates Pure Mat 2/3 Melanie O	6:45-7:30 Cardio Kickbox All levels Jon			
				See reverse for important information.		
						
7:45-8:30 Pilates Pure Mat 1 Miranda	7:45-8:30 Lifestyle 180 Bootcamp All Levels Jon	TBA	7:45-8:30 Lifestyle 180 Bootcamp All Levels Jon	Contact Us: <a href="http://studio100.ca">studio100.ca</a>  709-722-6222  100 Elizabeth Ave Elizabeth Towers, Lower level		