

| Term 1 | Monday *10 weeks* (none Sept 7/Oct 12) Aug 31 – Nov 16 | Tuesday *11 weeks* Sept 1 – Nov 10 | Wednesday *11 weeks* Sept 2-Nov 11 | Thursday *11 weeks* Sept 3 – Nov 12 | Friday *11 weeks* Sept 4 - Nov 13 |
|----------------|---|--|--|---|---|
| 8:45am | | Strength (JS) | | | |
| 9:45am | Strength (V) | Level 2 (JS) | Level 2 (J) | Level 3 (JS) | Level 2 (F) |
| 11:00am | Pelvic Core (J) | Level 2 (M) | Level 1 (J) | Level 1 (JS) | Level 2 (F) |
| 12:15pm | Strength (J) | Level 3 (M) | Strength (J) | Strength (M) | Core Restore 2 (V) |
| 1:30pm | | | | | Core Restore 1 (V) |
| 2:15pm | | | Strength (F) | | |
| 5:00 pm | Strength (U) <i>*5:15pm start*</i> | Level 2 (F) | Level 3 (M) | Level 3 (F) | |
| 6:15 pm | Level 1 (A) | Level 2 (A) | Level 2 (V) | Prenatal (J) | |
| 7:30 pm | Gender Affirming Movement (A) Aug 31 to Oct 26 | Level 3 (J) | Level 3 (V) | Strength (A) | |

(M) Martha (F) Francesca (JS) Jenna (J) Jalisa (V) Victoria (U) Ulla (A) Amy

- Zoom access is UNLIMITED for everyone - all classes streamed except Strength, GAM + Pelvic Core
- Pre-Class assessment is required for new students
- Classes are 50 min long *Exception: Strength is 45 min*
- Refer to website for full studio policies

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|--|---|--|
| Mat Classes | \$300/330: 10-11 wks | Level 1, 2, 3 + Prenatal |
| Core Restore | \$330: 11 wks | Baby Friendly |
| Pelvic Core | \$350: 10 wks | Includes on demand class bundle |
| Strength with Springboards | \$300/\$330: 10-11 wks | Experience necessary |
| Gender Affirming Movement (GAM) | By Donation to Transformation Closet | 2S/LGBTQ+ community only |