



## Winter 2022 Group Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00AM			(6:15AM - 45 mins.)		(6:15AM - 45 mins.)	
6:30AM			<b>FFT*</b>		<b>FFT*</b>	
7:00AM	<b>QIGONG</b>	<b>REFORMER</b>		<b>REFORMER</b>		
7:30AM	<i>Starts Nov. 28</i>					
8:00AM		(8:15AM - 45 mins.)		(8:15AM - 45 mins.)		
8:30AM		<b>REFORMER FOR MEN</b>		<b>REFORMER FOR MEN</b>		
9:00AM					<b>SLOW FLOW VINYASA</b>	<b>FFT*</b>
9:30AM	<b>GENTLE FLOW</b>	<b>REFORMER</b>	<b>FLOW &amp; STRETCH</b>	<b>REFORMER</b>		
10:00AM						
10:30AM	(10:45AM)	(10:45AM)		(10:45AM)	(10:45AM)	
11:00AM	<b>POSTNATAL YOGA WITH BABY</b>	<b>REFORMER</b>		<b>REFORMER</b>	<b>CHRONIC PAIN PROGRAM**</b>	
11:30AM						
12:00PM	(12:15PM - 45 mins.)	(12:15PM - 45 mins.)	(12:15PM - 45 mins.)	(12:15PM - 45 mins.)	(12:15PM - 45 mins.)	
12:30PM	<b>PILATES FLOORWORK</b>	<b>REFORMER</b>	<b>HATHA VINYASA</b>	<b>REFORMER</b>	<b>MELT</b>	
1:00PM		(1:15PM - 45 mins.)		(1:15PM - 45 mins.)		
1:30PM		<b>REFORMER</b>		<b>REFORMER</b>		
2:00PM						
2:30PM						
3:00PM		<b>REFORMER</b>				
3:30PM						
4:00PM		(4:15PM)		(4:15PM)		
4:30PM		<b>REFORMER</b>		<b>REFORMER</b>		
5:00PM	<b>MELT</b>		<b>PILATES MATWORK</b>			
5:30PM		<b>REFORMER</b>		<b>REFORMER</b>		
6:00PM			(6:15PM - 60 mins.)			
6:30PM	<b>RESTORATIVE YOGA</b>		<b>SUSPENSION YOGA</b>			
7:00PM		(6:45PM)		<b>REFORMER</b>		
7:30PM		<b>REFORMER</b>				
8:00PM	<b>PILATES MATWORK</b>		<b>QIGONG</b>			
			<i>Starts Nov. 30</i>			
8:30PM		(8:15PM)		(8:15PM)		
9:00PM		<b>FLOW &amp; CHILL</b>		<b>REFORMER</b>		
9:30PM						



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CLASS NAME	INSTRUCTOR	START DATE	END DATE	SERIES LENGTH	SERIES SUBTOTAL	SERIES TOTAL
<b>Qigong</b>	Nancy Rose	November 28	December 19	4 weeks	\$80	\$90.40
		November 30	December 21	4 weeks	\$80	\$90.40
<b>Gentle Flow</b>	Joanne Dube	November 14	December 19	6 weeks	\$120	\$135.60
<b>Postnatal Yoga with Baby</b>	Cayla Bronicheski	November 14	December 19	6 weeks	\$120	\$135.60
<b>Pilates Floorwork</b>	Jenine Saunders	November 14	December 19	6 weeks	\$120	\$135.60
<b>Kids Yoga &amp; Mindfulness</b>	Tarryn Anderson	November 14	December 19	6 weeks	\$120	\$135.60
<b>MELT</b>	Jenine Saunders	November 14	December 19	6 weeks	\$90	\$101.70
		November 18	December 16	5 weeks	\$75	\$84.75
<b>Restorative Yoga</b>	Willa Paterson	November 14	December 19	6 weeks	\$150	\$169.50
<b>Pilates Matwork</b>	Janet Cimino	November 7	December 19	7 weeks	\$140	\$158.20
		November 9	December 21	7 weeks	\$140	\$158.20
<b>Flow &amp; Chill</b>	Meghan Bonhomme	November 8	December 13	6 weeks	\$120	\$135.60
<b>Flow &amp; Stretch</b>	Meghan Bonhomme	November 16	December 14	5 weeks	\$100	\$113
<b>Hatha Vinyasa</b>	Nat Tissot	November 16	December 21	6 weeks	\$120	\$135.60
<b>Suspension Yoga</b>	Tracey Ann Gosnay	November 16	December 14	5 weeks	\$125	\$141.25
<b>Reformer Pilates</b>	Jenine/Hailee	Week of November 7 - December 19		7 weeks	\$280	\$316.40
<b>FFT</b>	Jenine Saunders	Week of November 7 - December 19 (no class Dec. 23 or Dec. 24)		varies	\$20/class	-

*Each class is offered as a progressive series. Pre-registration required. For more information: [hello@moetushealth.com](mailto:hello@moetushealth.com) or 705-674-1877.*