

	7 - 8 am	8 - 9 am	9 - 10 am	10 - 11 am	11 – 12 pm	12 - 1 pm	1 - 2 pm	2 - 3 pm	3 - 4 pm	4 - 5 pm	5 - 6 pm	6 - 7 pm	7 – 8 pm
MONDAY				FLEXION-FREE CIRCUIT LEVEL II REFORMER LEVEL III	MATWORK LEVEL I REFORMER LEVEL I	CONDITIONING ON CHAIR & MAT--ABS & GLUTES FOCUS	REFORMER LEVEL IV				REFORMER LEVEL III	REFORMER LEVEL I	REFORMER LEVEL II MATWORK LEVEL I
TUESDAY				REFORMER FOR ACTIVE AGING	REFORMER LEVEL II	MATWORK LEVEL II EXPRESS CARDIO TRAMP	REFORMER LEVEL I				REFORMER LEVEL I	PILATES ATHLETIC CONDITIONING REFORMER LEVEL III	
WEDNESDAY				REFORMER LEVEL III	FLEXION-FREE CIRCUIT LEVEL II CADILLAC & REFORMER LEVEL I	MATWORK LEVEL II	REFORMER LEVEL III				CADILLAC & REFORMER LEVEL II	STABILITY CHAIR & MATWORK REFORMER LEVEL I	REFORMER LEVEL II ZEN-GA® MATWORK
THURSDAY			REFORMER LEVEL II	REFORMER LEVEL I	REFORMER FOR ACTIVE AGING FLEXION FREE CIRCUIT LEVEL II	STABILITY CHAIR & MATWORK LEVEL II	REFORMER LEVEL II				REFORMER LEVEL I STABILITY CHAIR & MATWORK LEVEL II	CARDIO TRAMP II VERTICAL PILATES CIRCUIT (PRE-NATAL)	REFORMER LEVEL II
FRIDAY				FLEXION FREE CIRCUIT LEVEL II REFORMER LEVEL I	REFORMER LEVEL II	CADILLAC & REFORMER LEVEL III	REFORMER LEVEL III						
SATURDAY		REFORMER LEVEL II	REFORMER LEVEL III	MATWORK LEVEL III REFORMER LEVEL I	MATWORK LEVEL I CARDIO-TRAMP LEVEL II	REFORMER LEVEL II	REFORMER LEVEL I						



FALL Class schedule

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