



# Spring 2024 Group Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15am			6:15am <b>F.F.T</b>		6:15am <b>F.F.T</b>	
6:30am			(45 minutes)		(45 minutes)	
6:45am						
7:00am		7:00am <b>Reformer</b>		7:00am <b>Reformer</b>		
7:15am		Challenge		Fundamentals		
7:30am						
7:45am						
8:00am						
8:15am		8:15am <b>Reformer</b>		8:15am <b>Reformer - FOR MEN</b>		
8:30am		Fundamentals		(45 minutes)		
8:45am		(45 minutes)				
9:00am						
9:15am						
9:30am	9:30am <b>Reformer</b>	9:30am <b>Reformer</b>	9:30am <b>Flow &amp; Stretch</b>	9:30am <b>Reformer</b>		9:30am <b>F.F.T</b>
9:45am	Gentle	Gentle	(Wednesday)	Gentle		
10:00am	(45 minutes)	(45 minutes)		(45 minutes)		
10:15am						
10:30am		10:30am <b>Reformer</b>		10:30am <b>Reformer</b>		
10:45am		Challenge		Challenge		
11:00am			10:45am <b>Barre Sculpt</b>			
11:15am			(45 minutes)			
11:30am						
11:45am						
12:00pm		12:00pm <b>Reformer</b>		12:00pm <b>Reformer</b>		
12:15pm	12:15pm <b>Power Pilates</b>	Challenge	12:15pm <b>Power Pilates</b>	Challenge	12:15pm <b>MELT</b>	
12:30pm	(45 minutes)		(45 minutes)		(45 minutes)	
12:45pm						
1:00pm						
1:15pm		1:15pm <b>Reformer</b>		1:15pm <b>Reformer</b>		
1:30pm		Fundamentals		Fundamentals		
1:45pm		(45 minutes)		(45 minutes)		
2:00pm						
2:30pm						
3:00pm						
3:15pm						
3:30pm						
3:45pm						
4:00pm						
4:15pm		4:15pm <b>Reformer</b>	4:15pm <b>Reformer</b>	4:15pm <b>Reformer</b>		
4:30pm		Fundamentals	Fundamentals	Fundamentals		
4:45pm						
5:00pm	5:00pm <b>StretchLAB</b>					
5:15pm						
5:30pm		5:30pm <b>Reformer</b>	5:30pm <b>Reformer</b>	5:30pm <b>Reformer</b>		
5:45pm		Challenge	Fundamentals	Challenge		
6:00pm						
6:15pm	6:15pm <b>Power Pilates</b>					
6:30pm						
6:45pm		6:45pm <b>Reformer</b>	6:45pm <b>Reformer</b>	6:45pm <b>Power Pilates</b>		
7:00pm		Challenge	Challenge			
7:15pm						
7:30pm						
7:45pm						
8:00pm						

Contact: [hello@moetushealth.com](mailto:hello@moetushealth.com) / 705-674-1877 for more information





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CLASS NAME	INSTRUCTOR	START DATE	END DATE	SERIES LENGTH	SERIES SUBTOTAL	SERIES TOTAL
<b>Reformer Pilates</b>	Jenine Saunders	March 18	May 13	8 classes (over 9 weeks, no classes April 1)	\$320.00	\$361.60
<b>Power Pilates</b>	Hailee Valtins	March 18	May 13	8 classes (over 9 weeks, no classes April 1)	\$120.00	\$135.60
<b>StretchLAB</b>	Jenine Saunders	March 18	May 13	8 classes (over 9 weeks, no classes April 1)	\$120.00	\$135.60
<b>Power Pilates</b>	Janet Cimino / Hailee Valtins	March 18	May 13	8 classes (over 9 weeks, no classes April 1)	\$120.00	\$135.60
<b>Reformer Pilates</b>	Jenine Saunders	March 19	May 14	9 week series	\$360.00	\$406.80
		March 21	May 16	9 week series	\$360.00	\$406.80
<b>TWICE WEEKLY REFORMER RATE</b>					\$630.00	\$711.90
<b>F.F.T (45 minutes)</b>	Jenine Saunders	March 20	May 15	9 week series	\$135.00	\$152.55
<b>Flow &amp; Stretch</b>	Melanie Simon	March 20	May 15	9 week series	\$135.00	\$152.55
<b>Barre Sculpt</b>	Melanie Simon	March 20	May 15	9 week series	\$135.00	\$152.55
<b>Power Pilates</b>	Hailee Valtins	March 20	May 15	9 week series	\$135.00	\$152.55
<b>Reformer Pilates</b>	Hailee Valtins	March 20	May 15	9 week series	\$360.00	\$406.80
<b>Power Pilates</b>	Hailee Valtins	March 21	May 16	9 week series	\$135.00	\$152.55
<b>F.F.T (45 minutes)</b>	Jenine Saunders	March 22	May 10	7 classes (over 8 weeks, no classes March 29)	\$105.00	\$118.65
<b>MELT</b>	Jenine Saunders	March 22	May 10	7 classes (over 8 weeks, no classes March 29)	\$105.00	\$118.65
<b>F.F.T (60 minutes)</b>	Jenine Saunders	March 23	May 11	7 classes (over 8 weeks, no classes March 29)	\$105.00	\$118.65

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