



Spring 2024 Group Class Schedule

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

Contact: hello@moetushealth.com / 705-674-1877 for more information





Spring 2024 Group Class Schedule

| CLASS NAME | INSTRUCTOR | START DATE | END DATE | SERIES LENGTH | SERIES SUBTOTAL | SERIES TOTAL |
|-----------------------------------|-------------------------------|------------|----------|---|-----------------|--------------|
| Reformer Pilates | Jenine Saunders | March 18 | May 13 | 8 classes (over 9 weeks, no classes April 1) | \$320.00 | \$361.60 |
| Power Pilates | Hailee Valtins | March 18 | May 13 | 8 classes (over 9 weeks, no classes April 1) | \$120.00 | \$135.60 |
| StretchLAB | Jenine Saunders | March 18 | May 13 | 8 classes (over 9 weeks, no classes April 1) | \$120.00 | \$135.60 |
| Power Pilates | Janet Cimino / Hailee Valtins | March 18 | May 13 | 8 classes (over 9 weeks, no classes April 1) | \$120.00 | \$135.60 |
| Reformer Pilates | Jenine Saunders | March 19 | May 14 | 9 week series | \$360.00 | \$406.80 |
| | | March 21 | May 16 | 9 week series | \$360.00 | \$406.80 |
| TWICE WEEKLY REFORMER RATE | | | | | \$630.00 | \$711.90 |
| F.F.T (45 minutes) | Jenine Saunders | March 20 | May 15 | 9 week series | \$135.00 | \$152.55 |
| Flow & Stretch | Melanie Simon | March 20 | May 15 | 9 week series | \$135.00 | \$152.55 |
| Barre Sculpt | Melanie Simon | March 20 | May 15 | 9 week series | \$135.00 | \$152.55 |
| Power Pilates | Hailee Valtins | March 20 | May 15 | 9 week series | \$135.00 | \$152.55 |
| Reformer Pilates | Hailee Valtins | March 20 | May 15 | 9 week series | \$360.00 | \$406.80 |
| Power Pilates | Hailee Valtins | March 21 | May 16 | 9 week series | \$135.00 | \$152.55 |
| F.F.T (45 minutes) | Jenine Saunders | March 22 | May 17 | 8 classes (over 8 weeks, no classes March 29) | \$120.00 | \$135.60 |
| MELT | Jenine Saunders | March 22 | May 10 | 7 classes (over 8 weeks, no classes March 29) | \$105.00 | \$118.65 |
| F.F.T (60 minutes) | Jenine Saunders | March 23 | May 11 | 7 classes (over 8 weeks, no classes March 29) | \$105.00 | \$118.65 |

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