



Summer 2024 Group Class Schedule (July 2 to August 24)

	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		
9:45am	Gentle	Gentle		Gentle		
10:00am	(45 minutes)	(45 minutes)		(45 minutes)		
10:15am						
10:30am	10:30am INTRO TO REFORMER	10:30am Reformer	10:45am Barre Sculpt	10:30am Reformer		
10:45am	(45 minutes)	Challenge	(45 minutes)	Challenge		
11:00am						
11:15am						
11:30am	11:30am Reformer EXPRESS					
11:45am						
12:00pm		12:00pm Reformer		12:00pm Reformer		
12:15pm	12:15pm Power Pilates	Challenge		Challenge		
12:30pm	(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			3:00pm Reformer			
3:15pm			Challenge			
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 Power Pilates		
7:00pm			Challenge			
7:15pm						
7:30pm						
7:45pm						
8:00pm						

Contact: 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
Reformer (Mondays)	Jenine Saunders	July 8	August 19	6 classes (over 7 weeks) no classes August 5	\$240.00	\$271.20
Reformer (Mondays)	Mandy Desjardins	July 8	August 19	6 classes (over 7 weeks) no classes August 5	\$240.00	\$271.20
Reformer EXPRESS (Mondays)	Mandy Desjardins	July 8	August 19	6 classes (over 7 weeks) no classes August 5	\$150.00	\$169.50
Power Pilates (Mondays)	Hailee Valtins	July 8	August 19	6 classes (over 7 weeks) no classes August 5	\$90.00	\$101.70
StretchLAB	Jenine Saunders	July 8	August 19	6 classes (over 7 weeks) no classes August 5	\$90.00	\$101.70
Reformer Pilates (Tuesdays)	Jenine Saunders / Mandy Desjardins	July 2	August 20	8 weeks	\$320.00	\$361.60
F.F.T (Wednesdays)	Jenine Saunders	July 10	August 21	6 classes (over 7 weeks) no classes July 17	\$90.00	\$101.70
Flow & Stretch	Melanie Simon/ Meghan Bonhomme	July 10	August 21	7 weeks	\$105.00	\$118.65
Barre Sculpt	Melanie Simon/ Meghan Bonhomme	July 10	August 21	7 weeks	\$105.00	\$118.65
Reformer Pilates (Wednesdays)	Hailee Valtins	July 3	August 21	8 weeks	\$320.00	\$361.60
Reformer Pilates (Thursdays)	Jenine Saunders / Mandy Desjardins / Hailee Valtins	July 4	August 22	8 weeks	\$320.00	\$361.60
Power Pilates (Thursdays)	Hailee Valtins	July 4	August 22	8 weeks	\$120.00	\$135.60
F.F.T (Fridays)	Jenine Saunders	July 12	August 23	5 classes (over 7 weeks) no classes July 19 or August 16	\$75.00	\$84.75

*July 2 classes: 7AM, 8:15AM, 5:30PM - Hailee
9:30AM, 10:30AM, 12:00PM, 1:15PM, 4:15PM - Mandy

July 4 + 18 classes: 7AM, 8:15AM, 5:30PM - Hailee
9:30AM, 10:30AM, 12:00PM, 1:15PM, 4:15PM - Mandy

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