



# Fall 2024 Class Schedule

September 9 - November 2

\* Begins week of September 16

\*\* Begins September 19, no class October 24

\*\*\* last class October 24, no classes October 31

|         | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY                 |
|---------|---|---|--|---|--|--------------------------|
| 6:15am  |   |   | *6:15am<br><b>F.F.T</b><br>(45 minutes)                |   | *6:15am<br><b>F.F.T</b><br>(45 minutes)                  |                          |
| 6:30am  |   |   |  |   |  |                          |
| 6:45am  |   |   |  |   |  |                          |
| 7:00am  |   | * 7:00am<br><b>Reformer</b><br>Challenge                    |  | ** 7:00am<br><b>Reformer</b><br>Fundamentals                              |  |                          |
| 7:15am  |   |   |  |   |  |                          |
| 7:30am  |   |   |  |   |  |                          |
| 7:45am  |   |   |  |   |  |                          |
| 8:00am  |   |   |  |   |  |                          |
| 8:15am  |   | * 8:15am<br><b>Reformer</b><br>Fundamentals<br>(45 minutes) |  | ** 8:15am<br><b>Reformer - FOR MEN</b><br>(45 minutes)                    |  |                          |
| 8:30am  |   |   |  |   | 8:30am<br><b>Power Pilates</b><br>(45 minutes)           |                          |
| 8:45am  |   |   |  |   |  |                          |
| 9:00am  |   |   |  |   |  |                          |
| 9:15am  |   |   |  |   |  |                          |
| 9:30am  | 9:30am<br><b>Reformer</b><br>Gentle<br>(45 minutes)         | 9:30am<br><b>Reformer</b><br>Gentle<br>(45 minutes)         | 9:30am<br><b>Flow &amp; Stretch</b>                    | 9:30am<br><b>Reformer</b><br>Gentle<br>(45 minutes)                       | 9:30am<br><b>Flow &amp; Stretch</b>                      | * 9:30am<br><b>F.F.T</b> |
| 9:45am  |   |   |  |   |  |                          |
| 10:00am |   |   |  |   |  |                          |
| 10:15am |   |   |  |   |  |                          |
| 10:30am | 10:30am<br><b>INTRO TO REFORMER</b><br>(45 minutes)         | 10:30am<br><b>Reformer</b><br>Challenge                     |  | 10:30am<br><b>Reformer</b><br>Challenge                                   |  |                          |
| 10:45am |   |   | 10:45am<br><b>Barre Sculpt</b><br>(45 minutes)         |   | * 10:45am<br><b>SDNPC Chronic Pain</b><br><b>Program</b> |                          |
| 11:00am |   |   |  |   |  |                          |
| 11:15am |   |   |  |   |  |                          |
| 11:30am | 11:30am<br><b>Reformer EXPRESS</b>                          |   |  |   |  |                          |
| 11:45am |   |   |  |   |  |                          |
| 12:00pm |   |   |  |   | * 12:00pm<br><b>MELT</b><br>(45 minutes)                 |                          |
| 12:15pm | 12:15pm<br><b>Reformer</b><br>Fundamentals<br>(45 minutes)  | 12:00pm<br><b>Reformer</b><br>Challenge                     | 12:15pm<br><b>Power Pilates</b><br>(45 minutes)        | 12:00pm<br><b>Reformer</b><br>Challenge                                   |  |                          |
| 12:30pm |   |   |  |   |  |                          |
| 12:45pm |   |   |  |   |  |                          |
| 1:00pm  |   |   |  |   |  |                          |
| 1:15pm  | 1:15pm<br><b>Reformer</b><br>Fundamentals<br>(45 minutes)   | 1:15pm<br><b>Reformer</b><br>Fundamentals<br>(45 minutes)   | 1:15pm<br><b>Reformer EXPRESS</b>                      | 1:15pm<br><b>Reformer</b><br>Fundamentals<br>(45 minutes)                 |  |                          |
| 1:30pm  |   |   |  |   |  |                          |
| 1:45pm  |   |   |  |   |  |                          |
| 2:00pm  |   |   |  |   |  |                          |
| 2:15pm  |   |   |  |   |  |                          |
| 2:30pm  |   |   |  |   |  |                          |
| 2:45pm  |   |   |  |   |  |                          |
| 3:00pm  |   |   | 3:00pm<br><b>Reformer</b><br>Challenge<br>(45 minutes) | *** 2:45pm<br><b>Reformer EXPRESS (FOR</b><br><b>ATHLETES AGED 15-17)</b> |  |                          |
| 3:15pm  |   |   |  |   |  |                          |
| 3:30pm  |   | 3:30pm<br><b>Reformer</b><br>Fundamentals<br>(45 minutes)   |  | *** 3:30pm<br><b>Reformer</b><br>Fundamentals<br>(45 minutes)             |  |                          |
| 3:45pm  |   |   |  |   |  |                          |
| 4:00pm  |   |   |  |   |  |                          |
| 4:15pm  |   |   |  |   |  |                          |
| 4:30pm  | * 4:15pm<br><b>StretchLAB</b>                               | 4:30pm<br><b>Reformer</b><br>Fundamentals<br>(45 minutes)   |  | *** 4:30pm<br><b>Reformer</b><br>Fundamentals<br>(45 minutes)             |  |                          |
| 4:45pm  |   |   |  |   |  |                          |
| 5:00pm  |   |   |  |   |  |                          |
| 5:15pm  |   |   |  |   |  |                          |
| 5:30pm  | * 5:30pm<br><b>Reformer</b><br>Fundamentals<br>(45 minutes) | 5:30pm<br><b>Reformer</b><br>Challenge                      |  | *** 5:30pm<br><b>Reformer</b><br>Challenge                                |  |                          |
| 5:45pm  |   |   |  |   |  |                          |
| 6:00pm  |   |   |  |   |  |                          |
| 6:15pm  |   |   |  |   |  |                          |
| 6:30pm  | * 6:30pm<br><b>Reformer</b><br>Challenge<br>(45 minutes)    |   |  |   |  |                          |
| 6:45pm  |   | 6:45pm<br><b>Power Pilates</b><br>(45 minutes)              |  | *** 6:45pm<br><b>Power Pilates</b><br>(45 minutes)                        |  |                          |
| 7:00pm  |   |   |  |   |  |                          |
| 7:15pm  |   |   |  |   |  |                          |

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





## Fall 2024 Class Schedule

September 9 - November 2

\* Begins week of September 16

\*\* Begins September 19, no class October 24

\*\*\* last class October 24, no classes October 31

| CLASS NAME                                | INSTRUCTOR       | START DATE       | END DATE       | SERIES LENGTH   | SERIES SUBTOTAL | SERIES TOTAL |
|---|------------------|------------------|----------------|---|-----------------|--------------|
| <b>Reformer</b><br>(Mondays)              | Mandy Desjardins | September 9      | October 28     | 7 classes over 8 weeks, no classes October 14                                       | \$280.00        | \$316.40     |
| <b>Reformer EXPRESS</b><br>(Mondays)      | Mandy Desjardins | September 9      | October 28     | 7 classes over 8 weeks, no classes October 14                                       | \$175.00        | \$197.75     |
| <b>StretchLAB</b>                         | Jenine Saunders  | * September 16   | * October 28   | 6 classes over 7 weeks, no classes October 14                                       | \$90.00         | \$101.70     |
| <b>Reformer</b><br>(Mondays)              | Jenine Saunders  | * September 16   | * October 28   | 6 classes over 7 weeks, no classes October 14                                       | \$240.00        | \$271.20     |
| <b>Reformer Pilates</b><br>(Tuesdays)     | Jenine Saunders  | September 10     | October 29     | 8 week series (Mandy covering September 10 classes)                                 | \$320.00        | \$361.60     |
|   |                  | * September 17   | * October 29   | 7 week series   | \$280.00        | \$316.40     |
| <b>Reformer Pilates</b><br>(Tuesdays)     | Mandy Desjardins | September 10     | October 29     | 8 week series   | \$320.00        | \$361.60     |
| <b>Power Pilates</b><br>(Tuesdays)        | Meghan Bonhomme  | September 10     | October 29     | 8 week series   | \$120.00        | \$135.60     |
| <b>F.F.T</b><br>(Wednesdays)              | Jenine Saunders  | September 18     | October 30     | 7 week series   | \$105.00        | \$118.65     |
| <b>Flow &amp; Stretch</b><br>(Wednesdays) | Mel Simon        | September 11     | October 30     | 8 week series   | \$120.00        | \$135.60     |
| <b>Barre Sculpt</b>                       | Mel Simon        | September 11     | October 30     | 8 week series   | \$120.00        | \$135.60     |
| <b>Power Pilates</b><br>(Wednesdays)      | Mandy Desjardins | September 11     | October 30     | 8 week series   | \$120.00        | \$135.60     |
| <b>Reformer EXPRESS</b><br>(Wednesdays)   | Mandy Desjardins | September 11     | October 30     | 8 week series   | \$200.00        | \$226.00     |
| <b>Reformer Pilates</b><br>(Wednesdays)   | Mandy Desjardins | September 11     | October 30     | 8 week series   | \$320.00        | \$361.60     |
| <b>Reformer Pilates</b><br>(Thursdays)    | Jenine Saunders  | September 12     | October 31     | 8 week series (Mandy covering September 12 + October 24 classes)                    | \$320.00        | \$361.60     |
|   |                  | ** September 19  | ** October 31  | 6 classes over 7 weeks (no classes October 24)                                      | \$240.00        | \$271.20     |
|   |                  | *** September 12 | *** October 24 | <b>3:30PM, 4:30PM + 5:30PM</b><br>7 week series (Mandy covering October 24 classes) | \$280.00        | \$316.40     |
| <b>Reformer Pilates</b><br>(Thursdays)    | Mandy Desjardins | September 12     | October 31     | 8 week series   | \$320.00        | \$361.60     |
| <b>Reformer EXPRESS FOR ATHLETES</b>      | Mandy Desjardins | September 12     | October 24     | 7 week series   | \$175.00        | \$197.75     |
| <b>Power Pilates</b><br>(Thursdays)       | Meghan Bonhomme  | *** September 12 | *** October 24 | 7 week series   | \$105.00        | \$118.65     |
| <b>F.F.T</b><br>(Fridays)                 | Jenine Saunders  | September 20     | November 1     | 7 week series   | \$105.00        | \$118.65     |
| <b>Power Pilates</b><br>(Fridays)         | Mel Simon        | September 13     | November 1     | 8 week series   | \$120.00        | \$135.60     |
| <b>Flow &amp; Stretch</b><br>(Fridays)    | Mel Simon        | September 13     | November 1     | 8 week series   | \$120.00        | \$135.60     |
| <b>MELT</b>                               | Jenine Saunders  | September 20     | November 1     | 7 week series   | \$105.00        | \$118.65     |
| <b>F.F.T</b><br>(Saturdays)               | Jenine Saunders  | September 21     | November 2     | 7 week series   | \$105.00        | \$118.65     |

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