



# Winter 2025 Class Schedule

January 6 - March 7, 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15am						
6:30am			6:15am <b>F.F.T</b>		6:15am <b>F.F.T</b>	
6:45am			(45 minutes)		(45 minutes)	
7:00am		7:00am		7:00am		
7:15am		<b>Reformer</b>		<b>Reformer</b>		
7:30am		Intermediate		Intermediate		
7:45am		(45 Minutes)		(45 Minutes)		
8:00am						
8:15am		8:15am		8:15am		
8:30am		<b>Reformer</b>		<b>Reformer - FOR MEN</b>		
8:45am		Fundamentals		(45 minutes)	8:30am	
9:00am		(45 minutes)			<b>Power Pilates</b>	
9:15am					(45 minutes)	
9:30am	9:30am	9:30am		9:30am		
9:45am	<b>Reformer</b>	<b>Reformer</b>	9:30am	<b>Reformer</b>	9:30am	* 9:30am
10:00am	Gentle	Gentle	<b>Flow &amp; Stretch</b>	Gentle	<b>Flow &amp; Stretch</b>	<b>F.F.T</b>
10:15am	(45 minutes)	(45 minutes)	(60 Minutes)	(45 minutes)	(60 Minutes)	(60 Minutes)
10:30am	10:30am	10:30am		10:30am		
10:45am	<b>Reformer</b>	<b>Reformer</b>	10:45am	<b>Reformer</b>		
11:00am	Fundamentals	Advanced	<b>Barre Sculpt</b>	Advanced		
11:15am	(45 minutes)	(60 Minutes)	(45 minutes)	(60 Minutes)		
11:30am	11:30am					
11:45am	<b>Reformer EXPRESS</b>					
12:00pm	(30 minutes)					
12:15pm	12:15pm	12:00pm	12:15pm	12:00pm	12:00pm	
12:30pm	<b>Reformer</b>	<b>Reformer</b>	<b>Reformer</b>	<b>Reformer</b>	<b>MELT</b>	
12:45pm	Intermediate	Intermediate	Intermediate	Intermediate	(45 minutes)	
1:00pm	(45 minutes)	(60 Minutes)	(45 minutes)	(60 Minutes)		
1:15pm	1:15pm	1:15pm	1:15pm	1:15pm		
1:30pm	<b>Reformer</b>	<b>Reformer</b>	<b>Reformer</b>	<b>Reformer</b>		
1:45pm	Fundamentals	Fundamentals	Fundamentals	Fundamentals		
2:00pm	(45 minutes)	(45 minutes)	(45 minutes)	(45 minutes)		
2:15pm						
2:30pm						
2:45pm				2:45pm		
3:00pm			3:00pm	<b>Reformer EXPRESS</b>		
3:15pm			<b>Reformer</b>	(FOR ATHLETES AGED 15-17)		
3:30pm			Intermediate			
3:45pm		3:45pm	(45 minutes)			
4:00pm		<b>Reformer</b>		3:45pm		
4:15pm		Fundamentals		<b>Reformer</b>		
4:30pm		(45 minutes)		Fundamentals		
4:45pm	4:15pm			(45 minutes)		
5:00pm	<b>StretchLAB</b>	4:45pm		4:45pm		
5:15pm	(60 Minutes)	<b>Reformer</b>		<b>Reformer</b>		
5:30pm		Fundamentals		Fundamentals		
5:45pm		(45 minutes)		(45 minutes)		
6:00pm	5:30pm					
6:15pm	<b>Reformer</b>	5:45pm		5:45pm		
6:30pm	Fundamentals	<b>Reformer</b>		<b>Reformer</b>		
6:45pm	(45 minutes)	Advanced		Advanced		
7:00pm		(45 minutes)		(45 minutes)		
7:15pm	6:30pm					
7:30pm	<b>Reformer</b>	6:45pm		6:45pm		
7:45pm	Intermediate	<b>Power Pilates</b>		<b>Power Pilates</b>		
8:00pm	(45 minutes)	(45 minutes)		(45 minutes)		
8:15pm						
8:30pm				7:45pm		
				<b>Power Pilates</b>		
				(45 minutes)		

All classes marked with a green box are full. Waitlist options are available.

For more information contact us directly at 705-674-1877 or [hello@moetushealth.com](mailto:hello@moetushealth.com)



# Winter 2025 Class Schedule

January 6 - March 7, 2025

CLASS NAME	INSTRUCTOR	START DATE	END DATE	SERIES LENGTH	SERIES SUBTOTAL	SERIES TOTAL
<b>Reformer</b> (Mondays)	Mandy Desjardins	January 6	March 3	7 week series	\$320.00	\$361.60
<b>StretchLAB</b>	Jenine Saunders	January 6	March 3	8 week series	\$120.00	\$135.60
<b>Reformer</b> (Mondays)	Jenine Saunders	January 6	March 3	8 week series	\$320.00	\$361.60
<b>Reformer Pilates</b> (Tuesdays)	Jenine Saunders	January 7	March 4	9 week series	\$360.00	\$406.80
<b>Reformer Pilates</b> (Tuesdays) ***	Jenine Saunders	January 7	March 4	8 weeks series (9:30am & 10: am only)	\$320.00	\$361.60
<b>Reformer Pilates</b> (Tuesdays)	Mandy Desjardins	January 7	March 4	9 week series	\$360.00	\$406.80
<b>Power Pilates</b> (Tuesdays)	Meghan Bonhomme	January 7	March 4	9 week series	\$135.00	\$152.55
<b>F.F.T</b> (Wednesdays)	Jenine Saunders	January 8	March 5	9 week series	\$135.00	\$152.55
<b>Flow &amp; Stretch</b> (Wednesdays)	Mel Simon	January 8	March 5	9 week series	\$135.00	\$152.55
<b>Barre Sculpt</b>	Mel Simon	January 8	March 5	9 week series	\$135.00	\$152.55
<b>Reformer Pilates</b> (Wednesdays)	Mandy Desjardins	January 8	March 5	9 week series	\$360.00	\$406.80
<b>Reformer Pilates</b> (Thursdays)	Jenine Saunders	January 9	March 6	9 week series	\$360.00	\$406.80
<b>Reformer Pilates</b> (Thursdays)	Mandy Desjardins	January 9	March 6	9 week series	\$360.00	\$406.80
<b>Reformer EXPRESS</b> FOR YOUTH ATHLETES	Mandy Desjardins	January 9	March 6	9 week series	\$270.00	\$305.10
<b>Power Pilates</b> (Thursdays)	Meghan Bonhomme	January 9	March 6	9 week series	\$135.00	\$152.55
<b>F.F.T</b> (Fridays)	Jenine Saunders	January 10	March 7	9 week series	\$135.00	\$152.55
<b>Power Pilates</b> (Fridays)	Mel Simon	January 10	March 7	9 week series	\$360.00	\$406.80
<b>Flow &amp; Stretch</b> (Fridays)	Mel Simon	January 10	March 7	9 week series	\$135.00	\$152.55
<b>MELT</b>	Jenine Saunders	January 10	March 7	9 week series	\$135.00	\$152.55
<b>F.F.T</b> (Saturdays)	Jenine Saunders	January 11	March 1 or 8	8 week series	\$120.00	\$135.60

## Drop in Class Rates

**Reformer:** \$45.00 + taxes per class

**Stretch Lab/Power Pilates/FFT/Flow & Stretch/Barre Sculpt/MELT:** \$20.00 + taxes per class

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