

YOGA Schedule October 26th - Dec 20th 2026

30 DAY YOGA+PILATES CHALLENGE ~ NOV 2 - DEC 1, 2026

Classes are (PN) = Pre-Natal friendly!

MON	TUE	WED	THUR	FRI	SAT
SPICE & SCULPT HOT YOGA 7:00 - 7:45 Monica	55+ FIT FOR LIFE 9:30 - 10:30 Anne	WARM HIPS & HAMMIES 9:00 - 10:00 Fatima (PN)	HOT MAT PILATES 7:00 - 7:45 Monica	SWEAT SESSION HOT SUNRISE YOGA 7:00 - 7:45 Monica	KUNDALINI Journey through the chakras 7:30 - 9:15 / Erin
HOT PILATES ARMS & ABS 8:00 - 8:45 / Monica	WARM YIN & STRETCH 9:35 - 10:35 Monica (PN)	GENTLE YOGA 10:00 - 11:30 Erin (PN)	HOT CORE FLOW 8:00 - 9:00 Monica	HOT PILATES ARMS & ABS 7:50 - 8:35 / Monica	HOT SCULPT & TONE 8:30 - 9:15 Fatima
NEW! WARM HIPS & HAMMIES 9:00 - 10:00 / Marielle	STRETCH & TONE YOGA WITH WEIGHTS 10:35 - 11:35 / Fatima	Hot Slow Flow 10:15 - 11:15 Monica	HOT DEEP STRETCH 9:00 - 10:00 Fatima (PN)	WARM YIN + MEDITATION 9:00 - 10:15 / Angela (PN)	HOT FLOW 9:20 - 10:20 Jackii
GENTLE YOGA 10:00 - 11:30 Erin (PN)	HOT PILATES FLOW 10:40 - 11:40 Monica	HOT MAT PILATES 11:15 - 12:15 Monica	55+ Fit For Life 9:30 - 10:30 Anne	GENTLE YOGA 10:00 - 11:30 Erin (PN)	NEW TIME! COMMUNITY YOGA by donation (PN) 10:45 - 11:45 / Fatima
HOT VINYASA FLOW 10:05 - 11:05 Marielle	ERGONOMIC YOGA 12:00 - 12:50 Anne (PN)	LUNCH EXPRESS Mat Pilates Sculpt 12:15 - 1:00 / Monica	HOT SCULPT & TONE 10:15 - 11:15 Monica	HOT SLOW FLOW 11:00 - 12:00 Monica	WARM DEEP STRETCH 10:25 - 11:25 Jackii
HOT MAT PILATES 11:10 - 12:10 Monica	WARM HIPS & HAMMIES 4:00 - 5:00 / Fatima (PN)	BARRE SCULPT 5:00 - 6:00 Crystal	STRETCH & TONE YOGA WITH WEIGHTS 10:35 - 11:35 / Fatima	LUNCH EXPRESS MAT PILATES SCULPT 12:15 - 1:00 / Monica	WARM CHAKRA FLOW 12:00 - 1:00 Fatima
GENTLE VAGAL YOGA Relax Your Nervous System 5:15 - 6:30 / Erin (PN)	HOT SCULPT & TONE 5:00 - 6:00 Monica	HOT MAT PILATES 5:00 - 6:00 Monica	ERGONOMIC YOGA 12:00 - 12:50 Anne (PN)	Barre Burn 5:00 - 6:00 Crystal	SUN
HOT FLOW 5:15 - 6:15 Jackii	ALIGNMENT YOGA (Suitable for Beginners) 5:30 - 6:30 / Cone	ANTIGRAVITY YOGA 6:00 - 7:00 CONE	COMMUNITY YOGA by donation (PN) 5:00 - 6:00 / Jennifer	HOT PILATES SCULPT & FLOW 5:00 - 6:00 / Kim	NEW! HOT VINYASA FLOW 10:00 - 11:00 / Marielle
WARM DEEP STRETCH 6:25 - 7:25 Jackii	WARM YIN & YOGA NIDRA (PN) 6:15 - 7:15 / Fatima	HOT FLOW 6:15 - 7:15 Marielle	HOT POWER VINYASA 5:15 - 6:15 Georgia	WARM CANDLE LIGHT YIN 6:10 - 7:10 / Kim	NEW! WARM YIN 11:10 - 12:10 Marielle (PN)
NEW! ZUMBA 6:45 - 7:45 Jaime	ANTIGRAVITY YOGA 6:35 - 7:35 CONE	BEGINNER YOGA 7:05 - 8:05 Fatima (PN)	RestorativeYoga & Soundbath 6:15-7:15 ? Kelly	<div> <h2>EVENTS</h2> <p>New Moon Soundbath Sunday Nov 8 6:30 - 7:30 pm</p> <p>Crystal Surgery for Joints Sunday Oct 25</p> <p>30 YOGA +PILATES CHALLENGE Starts NOV 2 30 Classes in 30 Days for \$150</p> <p>Reiki L2 Sunday Nov 8 9:00 - 5:00 pm</p> <p>Crystal Grid Workshop Saturday Nov 15th 12 -3pm</p> </div>	
		WARM CANDLE LIGHT YIN 7:20 - 8:20 / Marielle (PN)	WARM CANDLE LIGHT YIN 6:30 - 7:30 / Georgia		



**THANK YOU
FOR VOTING US
#1 YOGA STUDIO
14 YEARS IN A ROW**

THE BODYMIND CENTRE

PILATES / REFORMER SCHEDULE

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Beginner Reformer Level I Reformer is a progressive class. We require participants to begin within the first 2 weeks of our 8 week session and complete a full session before gaining access to the Essential Reformer class or Beginner Level 2. Private sessions are also available for beginners to intermediate levels, plus therapeutic sessions are also available.

**PR = PRE-REQUISITE
REQUIRED
P = PROGRESSIVE
MUST BEGIN BY NOV 8**

MON	TUE	WED	THUR	FRI	SAT
TRX 9:00-10:00 Crystal	Mat Pilates Sculpt 8:30 - 9:30 Crystal	Hot HIIT Sculpt + Tone 8:00 - 8:45 am Sheila	TRX Pilates 8:30 - 9:25 Crystal	Essential Reformer (PR) 8:45 - 9:45 Monica	New! Sculpt & Tone Reformer (PR) 7:30 - 8:30 / Katie
Essential + Reformer (PR) 9:00 - 10:00 / Monica	Essential Reformer (PR) 8:30 - 9:30 Monica	TRX 9:00 - 10:00 Sandi	Essential Reformer (PR) 9:00 - 10:00 Monica	Core Intensity Reformer (PR) 9:50 - 10:50 / Monica	Essential Reformer (PR) 8:30 - 9:30 Katie
Essential Reformer (PR) 10:00 - 11:00 Monica	Essential Reformer (PR) 9:30 - 10:30 Sandi	Beginner Reformer (P) Level 1 - Foundation (Before Nov 8) 9:00 - 10:00 / Monica	Essential Reformer (PR) 10:00 - 11:00 Sandi	Lite Essential Reformer (PR) 12:00 - 1:00 Erin	Essential Reformer + Cardio Tramp (PR) 9:30 - 10:30 / Keri
Essential Reformer (PR) 12:00 - 1:00 Erin		Essential Reformer (PR) 10:05 - 11:05 Sandi	Essential Reformer (PR) 11:30 - 12:30 Monica	Lunch Express Mat Pilates Sculpt 12:15 - 1:00 Monica	Mat Pilates Sculpt 9:35 - 10:35 Katie
	Essential Reformer (PR) 12:00 - 1:00 Monica	Essential Reformer (PR) 12:00 - 1:00 Keri	Essential Reformer (PR) 5:00 - 6:00 Katie	Essential Reformer (PR) 4:30 - 5:30 Keri	Beginner Reformer (P) Level 1 - Foundation (Before Nov 8) 10:30 - 11:30 / Keri
Essential Reformer (PR) 4:30 - 5:30 Keri	Intermediate Reformer (PR) 4:00 - 5:00 / Monica	Lunch Express Mat Pilates Sculpt 12:15 - 1:00 / Monica	Beginner Reformer Level 2 (PR) 6:00 - 7:00 / Katie	Barre Burn 5:00 - 6:00 Crystal	Essential Reformer (PR) 11:30 - 12:30 Keri
Lite Essential Reformer (PR) 5:30 - 6:30 / Keri Build Endurance	Essential Reformer (PR) 5:00 - 6:00 Katie	Essential + Reformer (PR) 4:00 - 5:00 / Monica	New!! Strength & Jump Reformer (PR) 7:05 - 8:05 / Katie	New! MAT CARDIO REFORMER 5:30 - 6:30 / Keri	SUNDAY
Beginner Reformer (P) Level 1 - Foundation (start before Nov 8) 6:35 - 7:35 / Keri	Beginner Reformer (PR) Level 2 6:00 - 7:00 Katie	Essential Reformer + Cardio Tramp (PR) 5:00 - 6:00 / Keri			Essential Reformer 10:00 - 11:00 Katie
	New! Sculpt & Tone Reformer (PR) 7:00 - 8:00 Katie	Beginner Reformer (P) Level 1 - Foundation (Start Before Nov 8) 6:00 - 7:00 / Keri			Beginner Reformer Level 2 (PR) 11:00 - 12:00 Katie
First Responder Drop in Rate \$18 Yoga/ Pilates \$20 Reformer		Essential Reformer (PR) 7:05 - 8:05 Keri			Beginner Reformer Level 1 (PR) (begin by Nov 8) 12:00 - 1:00 / Katie

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Pricing Options

Class Packages All Drop in packages expire after 1 year

Yoga/Pilates Drop in Pass	\$22
3x Yoga/Pilates Drop in Package	\$65
6x Yoga/Pilates Drop in Package	\$120
12x Yoga/Pilates Drop in Package	\$225
One Month Unlimited Pass	\$188
Reformer Drop in Pass	\$28
3x Reformer Drop in Package	\$80
6x Reformer Drop in Package	\$149
12x Reformer Drop in Package	\$285
Student 12x Yoga/Pilates Drop in Package	\$216
Student 12 Reformer Drop in Package	\$240
Student One Month Unlimited Pass	\$129

Membership Options

1 Year Monthly Membership \$169.00

3 Month+ Membership
\$180.00 Monthly (auto renew)

Student 3 Month + Membership
\$120 Monthly (auto renew)

Did You Know?

You can book multiple classes @ the front desk with your Drop-In Passes Package for the entire 8 week session
(online has a 2 week limit)

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