



THE BODYMIND CENTRE

Yoga Class Schedule Sept 2nd - Oct 25th 2025

Power Week Sept 2nd -6th Unlimited Classes only \$50

We recommend bringing your own Yoga Mat to class - we do have mats to rent if you forget yours.
It is also highly recommended that you bring yoga blocks and a yoga strap to all Yin, Gentle and Hips & Hammies classes. Boxed classes are Pre-Natal friendly!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Warm Hips & Hammies 9:00 - 10:00 Fatima	Hot Core Fusion 9:30 - 10:30 Monica	Hot Slow Flow 9:30 - 10:30 Monica	Hot HIIT Yoga Bootcamp 6:00 - 7:00 Lana	Warm Yin + Meditation 9:00 - 10:15 Angela	Hot HIIT Yoga Boot Camp 8:30-9:15 Lana
Gentle Yoga 10:00 - 11:30 Erin	55+ Fit for Life 9:30 - 10:30 Anne	Gentle Yoga 10:00 - 11:30 Erin	Hot Unlock your Hips 9:00- 10:00 Monica	Gentle Yoga 10:00 - 11:30 Erin	Hot Flow 9:20 - 10:20 Jackii
Warm Flow 10:05 - 11:05 Fatima	Warm Deep Stretch 10:30 - 11:30 Monica	Hot Mat Pilates 10:40-11:40 Monica	55+ Fit for Life 9:30 - 10:30 Anne	Hot Slow Flow 10:35 - 11:35 Monica	Community Yoga by donation 9:30-10:30 Lana
Hot Mat Pilates 11:15 - 12:15 Monica	Gentle Flow Yoga 10:30 - 11:30 Irene	Lunch Time Mat Pilates 12:05 - 12:55 Monica	Hot Pilates Flow 10:00 - 11:00 Monica	Lunch Time Mat Pilates 12:05 - 12:55 Monica	Warm Deep Stretch 10:25 - 11:25 Jackii
Gentle Vagal Yoga Relax your nervous system 5:00 - 6:30 Erin	Ergonomic Yoga 12:00 - 12:50 Anne	NEW! Sculpt & Tone Yoga 4:30-5:30 Kim	Gentle Yoga + YIN 10:30 - 11:30 Patricia	Barre 4:00-5:00 Crystal	Pilates Mat 10:30-11:30 Crystal
Hot Flow 5:15 - 6:15 Jackii	Warm Hips & Hammies 4:00 - 5:00 Fatima	Hot Mat Pilates 5:00-6:00 Monica	Ergonomic Yoga 12:00 - 12:50 Anne	Hot Flow 4:00 - 5:00 Kim	Warm Chakra Yin 11:30 - 12:30 Fatima
Warm Deep Stretch 6:25 - 7:25 Jackii	Hot Sculpt & Tone 5:00 - 6:00 Monica	NEW! Prenatal Yoga 5:30 - 6:30 Erin	Warm Hips & Hammies 4:30-5:30 Kelly	Hot Mat Pilates 5:00-6:00 Crystal	Barre 11:30 - 12:30 Crystal
	NEW! Embodied Flow 5:05 - 6:05 Fatima	Hot Flow 6:15 - 7:15 Charlotte	Community Yoga by donation 5:00-6:00 Jennifer	NEW! Aerial Yoga 5:15 - 6:15 Kim	NEW! Kids Yoga 12:30 - 1:15 Jackii
	Warm Yin & Yoga Nidra 6:30-7:30 Fatima	Restore & Relax 6:30-7:30 Fatima	Warm Flow 5:40-6:40 Georgia	Warm Yin 6:05 - 7:05 Fatima	
	NEW! Barre 6:30-7:30 Crystal	Warm Yin 7:20 - 8:20 Charlotte	NEW! Core, Balance & Stretch 6:00-7:00 Fatima		
			Warm Yin 6:45 - 7:45 Georgia		

Upcoming Events

Full Moon Healing
Sound Bath

Tuesday, October 7th
7:00pm - 9:00pm



THE BODYMIND CENTRE

Pilates Reformer Schedule Sept 2nd - Oct 25th 2025

New Beginner Reformer Level I Reformer is a progressive class. We require participants to begin within the first 3 weeks of our 8 week session and complete a full session before gaining access to the Essential Reformer class. If you do not begin within the first 3 weeks, You may begin in our Reformer Basics class before joining our next 8 week session of New Beginner Reformer. Private sessions also available for beginners. We recommend New Beginner Reformer students pre-book the entire 8 weeks to secure their spot in the class.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Essential Reformer (PR) 9:00 - 10:00 Monica	Essential Reformer (PR) 8:30-9:30 Sandi	Essential Reformer(PR) 9:00- 10:00 Sandi	Essential Reformer (PR) 830 - 9:30 Sandi	Essential Reformer (PR) 8:30 - 9:30 Monica	Essential Reformer (PR) 9:15-10:15 Keri
Pilates Mat 9:00- 10:00 Crystal	Essential Reformer (PR) 9:40 - 10:40 Sandi	Sculpt& Tone Reformer (PR) 10:00 - 11:00 Sandi	Essential Reformer (PR) 9:40 - 10:40 Sandi	Essential Reformer (PR) 9:30 - 10:30 Monica	Cardio Tramp Reformer (PR) 10:15 - 11:15 Keri
Essential Reformer (PR) 10:00 - 11:00 Monica	Essential Reformer (PR) 11:45 - 12:45 Monica	Essential Reformer (PR) 12:00 - 1:00 Erin	Essential Reformer (PR) 11:00 - 12:00 Monica	Gentle Reformer (PR) 12:00 - 1:00 Erin	Pilates Mat 10:30 - 11:30 Crystal
Essential Reformer (PR) 12:00 - 1:00 Erin	Essential Reformer (PR) 4:00 - 5:00 Monica	Essential Reformer (PR) 4:00 - 5:00 Monica	Beginner Reformer (P) (Start by Sept. 13th) 12:15-1:15 Jeanette	Lunch Time Mat Pilates 12:05 - 12:55 Monica	Beginner Reformer (P) (Start by Sept 13th) 11:15 - 12:15 Keri
Beginner Mat Pilates (By food donation) 1:30 - 2:15 Shae-lynn	Essential + Reformer (PR) 5:00 - 6:00 Jeanette	Beginner Reformer (P) (Start by Sept.13th) 5:00 - 6:00 Keri	Essential Reformer (PR) 5:00- 6:00 Erin	Barre 4:00-5:00 Crystal	
Essential Reformer (PR) 4:30 - 5:30 Sandi	Beginner Reformer (P) (Start by Sept 13th) 6:00 - 7:00 Jeanette	Essential Reformer (PR) 6:00-7:00 Keri	Beginner Reformer (P) (Start by Sept 13th) 6:00- 7:00 Erin	Hot Mat Pilates 5:00-6:00 Crystal	
Lite Essential Reformer (PR) 5:30 - 6:30 Sandi		Essential Reformer (PR) 7:00-8:00 Keri			
PR - PRE-REQUISITE REQUIRED P - PROGRESSIVE - MUST BEGIN BY SEPT 13TH					



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

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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 for the entire 8 week session (online has a 2 week limit)

Visit Us

8 - 105 Villa St.
Thunder Bay, ON P7A 7W5

(807) 344-1628
bodymindcentre.com

all of you • one place

