



THE BODYMIND CENTRE

Yoga Class Schedule March 2nd - April 25th

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

Power Week March 2nd - 7th \$50 for unlimited classes

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

Warm Hips & Hammies
9:00 - 10:00

Fatima

Gentle Yoga
10:00 - 11:30

Erin

Warm Flow
10:05 - 11:05

Fatima

Hot Mat Pilates
11:10 - 12:10

Monica

Lunch Time Mat Pilates
12:15 - 1:00

Monica

Beginner Mat Pilates (By food donation)
1:30 - 2:15

Shae-lyne

Hot Sculpt & Tone Yoga
4:15 - 5:00

Kim

Gentle Vagal Yoga
Relax your nervous system
5:00 - 6:30

Erin

Hot Flow
5:15 - 6:15

Jackii

Warm Deep Stretch
6:25 - 7:25

Jackii

NEW! Warm Candlelit Flow/Yin
7:30 - 8:30

Georgia

Tuesday

Hot Core Fusion
8:30 - 9:30

Monica

Warm Yin
9:30 - 10:30

Monica

55+ Fit for Life
9:30 - 10:30

Anne

NEW! Rav Drum YIN YOGA
10:30 - 11:30

Caitlin

Hot Pilates Flow
10:40 - 11:40

Monica

Ergonomic Yoga
12:00 - 12:50

Anne

Warm Hips & Hammies
4:00 - 5:00

Fatima

Hot Sculpt & Tone
5:00 - 6:00

Monica

Yoga for the Inflexible
5:05- 6:05

Fatima

Warm Yin & Yoga Nidra
6:15-7:15

Fatima

Wednesday

Warm Hips & Hammies
9:00 - 10:00

Erin

Hot Slow Flow
10:00 - 11:00

Monica

Gentle Yoga
10:00 - 11:30

Erin

Hot Mat Pilates
11:05- 12:05

Monica

Lunch Time Mat Pilates
12:05 - 12:55

Monica

Barre
4:00 - 5:00

Crystal

Hot Mat Pilates
5:00-6:00

Monica

Prenatal Yoga
5:15 - 6:15

Caitlin

Hot Flow
6:15 - 7:15

Charlotte

Yoga for Sleep
6:30 - 7:30

Fatima

Warm Yin
7:20 - 8:20

Charlotte

Thursday

Hot Deep Stretch
9:00- 10:00

Monica

55+ Fit for Life
9:30 - 10:30

Anne

Hot Sculpt & Tone
10:15- 11:15

Monica

Gentle Yoga + YIN
10:40 - 11:40

Patricia

Ergonomic Yoga
12:00 - 12:50

Anne

NEW! Mom & Baby Yoga
1:00 - 2:00

Caitlin

Warm Yin
4:30-5:30

Kelly

Community Yoga by donation
5:00-6:00

Jennifer

Warm Flow
5:40-6:40

Georgia

Warm Yin
6:45 - 7:45

Georgia

Friday

Hot Pilates Flow
7:00 - 7:45

Monica

Warm Yin + Meditation
9:00 - 10:15

Angela

Gentle Yoga
10:00 - 11:30

Erin

Hot Slow Flow
10:35 - 11:35

Monica

Lunch Time Mat Pilates
12:05 - 12:55

Monica

Hot Flow
4:00 - 5:00

Kim

Barre
4:00 - 5:00

Crystal

Hot Mat Pilates
5:00-6:00

Crystal

Warm Candlelit Yin
6:05 - 7:05

Fatima

Warm Chakra Yin
1:00 - 2:00

Fatima

Saturday

Kundalini
7:30 - 9:00

Erin

Hot HIIT Yoga Boot Camp
8:30-9:15

Lana

Hot Flow
9:20 - 10:20

Jackii

Community Yoga by donation
9:35-10:35

Lana

Warm Deep Stretch
10:25 - 11:25

Jackii

Pilates Mat
10:30-11:30

Crystal

Barre
11:30 - 12:30

Crystal

Warm Flow
12:00 - 1:00

Fatima

Upcoming Events



THE BODYMIND CENTRE

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

Pilates/Reformer Schedule March 2nd - April 25th

New 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. 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	Pilates Mat 9:00 - 10:00 Sandi	Essential Reformer (PR) 9:00 - 10:00 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	Beginner Reformer (P) Start by Mar 14th 9:00- 10:00 Monica	Essential Reformer (PR) 11:30 - 12:30 Monica	Essential Reformer (PR) 9:30 - 10:30 Monica	Essential Reformer (PR) 10:15 - 11:15 Keri
Essential Reformer (PR) 10:00 - 11:00 Monica	Essential Reformer (PR) 12:00 - 1:00 Monica	Essential Reformer (PR) 10:00 - 11:00 Sandi	Beginner Reformer (P) (Start by Mar 14th) 12:30- 1:30 Jeanette	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	Lunch Time Mat Pilates 12:05 - 12:55 Monica	Essential Reformer (PR) 5:00- 6:00 Erin	Lunch Time Mat Pilates 12:05 - 12:55 Monica	Beginner Reformer (P) (Start by Mar 14th) 11:15 - 12:15 Keri
Lunch Time Mat Pilates 12:15 - 1:00 Monica	Essential + Reformer (PR) 5:00 - 6:00 Jeanette	Essential Reformer (PR) 12:00 - 1:00 Erin	Beginner Reformer (P) (Start by Mar 14th) 6:00- 7:00 Erin		
Beginner Mat Pilates (By food donation) 1:30 - 2:15 Shae-lynne	Beginner Reformer (P) (Start by Mar 14th) 6:00 - 7:00 Jeanette	Essential Reformer (PR) 4:00 - 5:00 Monica			
Essential Reformer (PR) 4:30 - 5:30 Sandi		Beginner Reformer (P) (Start by Mar 14th) 5:00 - 6:00 Keri			
Beginner Reformer (P) (Start by Mar 14th) 5:30 - 6:30 Sandi		Essential Reformer (PR) 6:00-7:00 Keri			



PR - PRE-REQUISITE REQUIRED
P - PROGRESSIVE - MUST BEGIN BY MARCH 14TH

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

VISIT BODYMINDCENTRE.COM FOR COMPLETE PRICING

Membership Options

1 Year Monthly Membership \$169.00

3 Month+ Membership

\$180.00 Monthly (auto renew)

Student 3 Month + Membership

\$120 Monthly (auto renew)

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

lululemon  athletica