



THE BODYMIND CENTRE

Yoga Class Schedule Oct 27th- Dec 20th 2025

Power Week Oct 27th - Nov 1st 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	Kundalini 8:00-9:30 Erin
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 HIIT Yoga Boot Camp 8:30-9:15 Lana
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	Hot Flow 9:20 - 10:20 Jackii
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	Community Yoga by donation 9:35-10:35 Lana
Gentle Vagal Yoga Relax your nervous system 5:00 - 6:30 Erin	Ergonomic Yoga 12:00 - 12:50 Anne	Barre 4:00 - 5:00 Crystal	Gentle Yoga + YIN 10:30 - 11:30 Patricia	Hot Flow 4:00 - 5:00 Kim	Warm Deep Stretch 10:25 - 11:25 Jackii
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	Barre 4:00 - 5:00 Crystal	Pilates Mat 10:30-11:30 Crystal
Warm Deep Stretch 6:25 - 7:25 Jackii	Hot Sculpt & Tone 5:00 - 6:00 Monica	Hot Flow 6:15 - 7:15 Charlotte	Warm Hips & Hammies 4:30-5:30 Kelly	Hot Mat Pilates 5:00-6:00 Crystal	Barre 11:30 - 12:30 Crystal
NEW! Sculpt & Tone Yoga 6:35 - 7:35 Kim	NEW! Slow Mindful Flow 5:15- 6:15 Fatima	Warm Yin 7:20 - 8:20 Charlotte	Community Yoga by donation 5:00-6:00 Jennifer	NEW! Aerial Yoga 5:15 - 6:15 Kim & Ally	Warm Chakra Yin 12:00 - 1:00 Fatima
NEW! Warm Candlelit Flow/Yin 7:30 - 8:30 Georgia	Warm Yin & Yoga Nidra 6:30-7:30 Fatima	Ashtanga 5:15-6:15 Jessie	Warm Flow 5:40-6:40 Georgia	Warm Candlelit Yin 6:05 - 7:05 Fatima	
		Restore & Relax 6:30 - 7:30 Fatima	Warm Yin 6:45 - 7:45 Georgia		

Upcoming Events

30 Day Yoga + Pilates Challenge
Starting November 3rd
30 Classes in 30 Days \$169

Full Moon Healing Sound Bath
November 4 From 7:00-9:00pm

If you just completed Power Week you can roll your pass in to the Challenge and keep going this includes the reformer classes which are such a great workout!



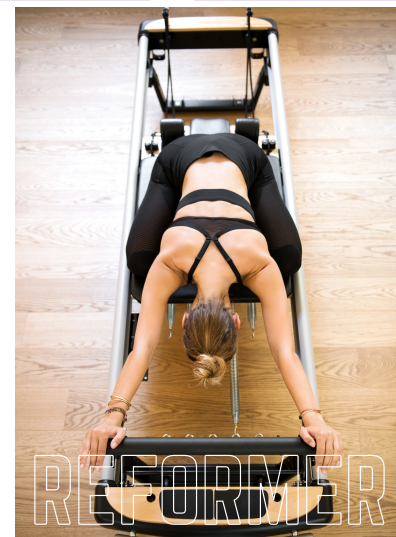


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Pilates Reformer Schedule Oct 27th - Dec 20th 2025

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.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Beginner Reformer (P) (Start by Nov 8th) 9:00 - 10:00 Monica	Essential Reformer (PR) 8:30-9:30 Sandi	Pilates Mat 9:00- 10:00 Sandi	Essential Reformer (PR) 8:30 - 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	Essential 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) 11:15 - 12:15 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 Nov 8th) 12:30- 1:30 jeanette	Lunch Time Mat Pilates 12:05 - 12:55 Monica	Beginner Reformer (P) (Start by Nov 8th) 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 Nov.8th) 5:00 - 6:00 Keri	Essential Reformer (PR) 5:00- 6:00 Erin		
Essential Reformer (PR) 4:30 - 5:30 Sandi	Beginner Reformer (P) (Start by Nov 8th) 6:00 - 7:00 Jeanette	Essential Reformer (PR) 6:00-7:00 Keri	Beginner Reformer (P) (Start by Nov 8th) 6:00- 7:00 Erin		
Lite Essential Reformer (PR) 5:30 - 6:30 Sandi			Wall Pilates 6:10-7:00 Keri		



REFORMER

PR - PRE-REQUISITE REQUIRED
P - PROGRESSIVE - MUST BEGIN BY NOV. 8TH

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)

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

lululemon  athletica