



Yoga Class Schedule March 3rd - April 26th 2025

Power Week March 3rd - 8th 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 Erin	Warm Iyengar Yoga 8:30 - 9:30 Dawn	Hot Flow 9:30 - 10:30 Monica	Hot HIIT Yoga Bootcamp 6:00 - 7:00 Lana	Warm Yin + Meditation 9:00 - 10:15 Georgia	Kundalini Yoga 7:30 - 9:00 Erin
Gentle Yoga 10:00 - 11:30 Erin	Hot Core Fusion 9:30 - 10:30 Monica	Gentle Yoga 10:00 - 11:30 Erin	Warm Iyengar Yoga 8:30 - 9:30 Dawn	Gentle Yoga 10:00 - 11:30 Erin	Hot Flow 9:00 - 10:00 Jackii
Warm Flow 10:05 - 11:05 Fatima	55+ Fit for Life 9:30 - 10:30 Anne	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	Warm Yin 10:05 - 11:05 Jackii
Hot Mat Pilates 11:15 - 12:15 Monica	Gentle Flow Yoga 10:30 - 11:30 Irene	Lunch Time Breathe & Stretch 12:10-12:50 Fatima	Hot Unlock your Hips 9:35 - 10:35 Monica	Hot Mat Pilates 5:00 - 6:00 Crystal	Hot HIIT Yoga Boot Camp 11:15 - 12:15 Lana
Gentle Vagal Yoga Relax your nervous system 5:00 - 6:30 Erin	Warm Deep Stretch 10:35 - 11:35 Monica	Barre 4:00-5:00 Crystal	Gentle Yoga +YIN 10:30 - 11:30 Patricia	Hot Flow 6:05 - 7:05 Georgia	Barre 11:00 - 12:00 Crystal
Hot Flow 5:15 - 6:15 Jackii	Ergonomic Yoga 12:00 - 12:50 Anne	Warm Yin/Flow Fusion 4:30 - 5:30 Fatima	Hot Pilates Flow 10:35 - 11:35 Monica	Warm Yin 7:10 - 8:10 Georgia	Warm Chakra Yin 12:30 - 1:30 Fatima
Warm Deep Stretch 6:25 - 7:25 Jackii	Warm Hips & Hammies 4:30 - 5:30 Kelly M	Hot Flow 5:35- 6:35 Kim	Ergonomic Yoga 12:00 - 12:50 Anne	Community Yoga by donation 12:30- 1:30 Lana	
Hot Candelit Flow 7:30-8:30 Georgia	Hot Sculpt & Tone 5:30 - 6:30 Monica	Meditation 6:30-8:00 Potala Tibetan Centre BY DONATION	Warm Hips & Hammies 4:00-5:00 Erin		
Soul Flow 6:45 - 7:45 Lillian	Ashtanga Yoga 5:00 - 6:00 Jessie	Restorative Yoga 6:15 - 7:30 Kelly M.	Hot Mat Pilates 5:00-6:00 Monica		
	Warm Yin & Yoga Nidra 6:45-7:45 Fatima	Warm Yin 6:45-7:45 Kim	Community Yoga by donation 5:30-6:30 Jennifer		
			Warm Flow 6:15-7:15 Georgia		
			Yoga for Sleep 6:45-7:45 Fatima		
			Warm Candelit Yin 7:20 - 8:20 Georgia		

Upcoming Events!

Power Week

\$50 for unlimited classes
March 3rd-8th

30 Day Yoga & Pilates Challenge

March 17th-April 19th

Complete 30 Classes in 30 Days & be entered for a chance to win some awesome prizes!






Pilates Reformer Schedule March 3rd - April 26th 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. If you do not begin within the first 2 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.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
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) 830 - 9:30 Sandi	Essential Reformer (PR) 8:30 - 9:30 Monica	Essential Reformer (PR) 9:15-10:15 All Instructors
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	Pilates Mat 9:00 - 10:00 Fanny	Pilates Mat 10:00 - 11:00 Crystal
Essential Reformer (PR) 10:00 - 11:00 Monica	Essential Reformer (PR) 11:40 - 12:40 Monica	Essential Reformer (PR) 12:00 - 1:00 Erin	Essential Reformer (PR) 11:40 -12:40 Monica	Essential Reformer (PR) 9:30 - 10:30 Monica	Essential Reformer (PR) 10:15 - 11:15 All Instructors
Essential Reformer (PR) 12:00 - 1:00 Erin	Beginner Reformer (P) (Start by Mar 15th) 12:45 - 1:45 Monica	Barre 4:00-5:00 Crystal	Beginner Reformer (P) (Start by Mar 15th) 12:45 - 1:45 Jeanette	Gentle Reformer (PR) 12:00 - 1:00 Erin	Barre 11:00 - 12:00 Crystal
Beginner Mat Pilates (By food donation) 1:30 - 2:15 Shae-lyne	Essential Reformer (PR) 4:30 - 5:30 Monica	Beginner Reformer (P) (Start by Mar 15th) 4:30 - 5:30 Sandi	Essential Reformer (PR) 4:00 - 5:00 Monica	Pilates Reformer Basics (Open to newcomers) 1:00 - 2:00 Erin	Beginner Reformer (P) (Start by Mar 15th) 11:15 - 12:15 All Instructors
Essential Reformer (PR) 4:00 - 5:00 Monica	Essential + Reformer (PR) 5:30 - 6:30 Jeanette	HIIT Pilates 5:00 - 6:00 Crystal	Essential Reformer (PR) 5:15- 6:15 Erin	Barre 4:00 - 5:00 Crystal	
Essential+ Reformer (PR) 5:00 - 6:00 Monica	Beginner Reformer (P) (Start by Mar 15th) 6:35 - 7:35 Jeanette	Essential Reformer (PR) 5:30 - 6:30 Sandi	Beginner Reformer (P) (Start by Mar 15th) 6:20- 7:20 Erin	Beginner Reformer (P) (Start by Mar 15th) 4:30-5:30 Fanny	
		Beginner Reformer Level 2 (PR) 6:35 - 7:35 Sandi		Essential Reformer (PR) 5:30-6:30 Fanny	

★ **PR - PRE-REQUISITE REQUIRED**
P - PROGRESSIVE - MUST BEGIN BY MARCH 15TH

Pricing Options

Class Packages All Drop in packages expire after 1 year

Yoga/Pilates Drop in Pass	\$20
3x Yoga/Pilates Drop in Package	\$55
6x Yoga/Pilates Drop in Package	\$110
12x Yoga/Pilates Drop in Package	\$225
One Month Unlimited Pass	\$179
Reformer Drop in Pass	\$25
3x Reformer Drop in Package	\$69
6x Reformer Drop in Package	\$139
12x Reformer Drop in Package	\$275
Student 12x Yoga/Pilates Drop in Package	\$192
Student 12 Reformer Drop in Package	\$230
Student One Month Unlimited Pass	\$129

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Membership Options

1 Year Monthly Membership \$149.00

3 Month+ Membership
\$159.00 Monthly (auto renew)

Student 3 Month + Membership
\$109 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

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