

YOGA Schedule October 26th - Dec 20th 2026

POWER WEEK OCT 26 - NOV 1 \$50 = UNLIMITED Classes

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 - 11:00 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	KUNDALINI Journey through the chakras 6:35 - 8:00 / Erin	BEGINNER YOGA 7:05 - 8:05 Fatima (PN)	RESTORATIVE YOGA & SOUNDBATH 6:05 - 7:05 / Kelly (PN)		
		WARM CANDLE LIGHT YIN 7:20 - 8:20 / Marielle (PN)	WARM CANDLE LIGHT YIN 6:30 - 7:30 / Georgia		



EVENTS

Full Moon Soundbath

Sunday Oct 25
6:30 - 7:30 pm

Crystal Surgery for Joints

Sunday Oct 25

Reiki L2

Sunday Nov 8
9:00 - 5:00 pm

Crystal Grid Workshop

Saturday Nov 15th
12 - 3pm

(807) 344-1628 / bodymindcentre.com

FALL 26 OCT 2026 V1

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

THE BODYMIND CENTRE

PILATES / REFORMER SCHEDULE

POWER WEEK OCT 26 - Nov 1 = \$50 UNLIMITED Classes

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

Beginner Reformer Level 1 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.

MON	TUE	WED	THUR	FRI	SAT
TRX 8:30 - 9:25 Crystal	Mat Pilates Sculpt 8:30 - 9:25 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

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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Visit Us

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

(807) 344-1628

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