



THE BODYMIND CENTRE

Yoga Class Schedule Jan 5th- Feb 28th 2026

Power Week Jan 5th-10th Unlimited Classes only \$50

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

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-lynne

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

Warm Yin
8:30 - 9:30

Monica

Hot Core Fusion

9:30 - 10:30
Monica

55+ Fit for Life

9:30 - 10:30
Anne

NEW! YIN YOGA

10:30 - 11:30
Caitlin

Hot Pilates Flow

10:30 - 11:30
Monica

Ergonomic Yoga

12:00 - 12:50
Anne

NEW! Warm Gentle Flow Yoga

1:00 - 2:00
Irene

Warm Hips & Hammies

4:00 - 5:00
Fatima

Hot Sculpt & Tone

5:00 - 6:00
Monica

Slow Mindful Flow

5:15- 6:15
Fatima

Warm Yin & Yoga Nidra

6:30-7:30
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

NEW! Warm Vagal Yoga

3:00 - 4:00
Erin

Barre

4:00 - 5:00
Crystal

Hot Mat Pilates

5:00-6:00
Monica

New! PreNatal Yoga

5:15 - 6:00
Caitlin

Hot Flow

6:15 - 7:15
Charlotte

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

10:00 - 11:00
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 Hips & Hammies

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

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

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 Flow

12:00 - 1:00
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

Pilates Mat

10:30-11:30
Crystal

Barre

11:30 - 12:30
Crystal

Warm Flow

12:00 - 1:00
Fatima

Check it Out

Upcoming Events



THE BODYMIND CENTRE

Pilates/Reformer Schedule Jan. 5th - Feb 28th 2026

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

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) 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	Beginner Reformer (P) Start by Jan.17th 9:00- 10:00 Monica	Essential Reformer (PR) 9:40 - 10:40 Sandi	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	Essential Reformer (PR) 11:30 - 12:30 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	Lunch Time Mat Pilates 12:05 - 12:55 Monica	Beginner Reformer (P) (Start by Jan 17th) 12:30- 1:30 Jeanette	Lunch Time Mat Pilates 12:05 - 12:55 Monica	Beginner Reformer (P) (Start by Jan 17th) 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	Essential Reformer (PR) 5:00- 6:00 Erin		
Beginner Mat Pilates (By food donation) 1:30 - 2:15 Shae-lynne	Beginner Reformer (P) (Start by Jan 17th) 6:00 - 7:00 Jeanette	Essential Reformer (PR) 4:00 - 5:00 Monica	Beginner Reformer (P) (Start by Jan 17th) 6:00- 7:00 Erin		
Essential Reformer (PR) 4:30 - 5:30 Sandi		Beginner Reformer (P) (Start by Jan 17th) 5:00 - 6:00 Keri	Wall Pilates 6:10-7:00 Keri		
Beginner Reformer (P) (Start by Jan 17th) 5:30 - 6:30 Sandi		Essential Reformer (PR) 6:00-7:00 Keri	PR - PRE-REQUISITE REQUIRED P - PROGRESSIVE - MUST BEGIN BY JAN 17TH		



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 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