



## **Spring Online Pilates Classes for a quarantined 2020**

**To register, simply sign up via Mindbody online for the class, available on the Boditree website -[www.boditreepilates.ca](http://www.boditreepilates.ca), or call/email Boditree and we will assist you.**

**Once registered, we will email you the Zoom code, which takes your screen into the Boditree classroom. You'll see us and we'll see you ! Pop your phone on a window sill or something facing your mat so we can have a good view of you in movement ! Have you mat and water ready to go, and enjoy your class ☺**

### **Boditree Zoom Class Schedule 30/03-05/04, 2020**

#### **Monday 30/03 :**

**9:00am Intro/Level 1 Pilates Matwork (Caitlin)**  
**12:30pm Fletcher Floorwork Intro/Level 1 (Risa)**  
**3:30pm Pilates Matwork 1-34 (Caitlin)**  
**6:30pm Boditree Stretch & Align (Risa)**

#### **Tuesday 31/03 :**

**12:00pm Pilates Matwork 1-34 +integration (Risa)**  
**4:30pm Intro/Level 1 Pilates Matwork (Caitlin)**  
**6:30pm Fletcher Floorwork Intro/Level 1 (Risa)**

#### **Wednesday 01/04 :**

**9:00am Intro/Level 1 Pilates Matwork (Linda)**  
**11:00am Pilates Matwork 1-34 (Linda)**  
**3:00pm Intro/Level 1 Pilates Matwork (Caitlin)**



**4:30 pm**

**Pilates Matwork 1-34 (Caitlin)**

**6:30pm**

**Fletcher Floorwork (Risa)**



**Thursday 02/04 :**

**9:00am** Intro/Level 1 Pilates Matwork (Caitlin)  
**10:30am** Pilates Matwork 1-34 (Risa)  
**12:00pm** Boditree Stretch (Caitlin)  
**5:00pm** Boditree Stretch (Risa)

**Friday 03/04 :**

**8:15am** Intro/Level 1 Pilates Matwork (Linda)  
**9:30am** Pilates Matwork 1-34 (Caitlin)  
**11:00am** Intro/Level 1 Pilates Matwork (Risa)  
**12:30pm** Boditree Stretch (Caitlin)  
**4:00pm** Fletcher Floorwork (Risa)

**Saturday 04/04 :**

**9:00am** Intro/Level 1 Pilates Matwork (Caitlin)  
**10:30am** Guided Meditation, Stretch, Reset (Risa)  
**2:00pm** Pilates Matwork 1-34 (Caitlin)  
**3:30 pm** Fletcher Floorwork (Risa)

**Sunday 05/04 :**

**1:00pm** Pilates Matwork 1-34 +integration (Risa)  
**4:00pm** Boditree Stretch (Risa)

**Classes are in CDN Dollars, please add GST to all rates**

**Single : \$20.00**

**10 pack : \$150.00**

**\*Unlimited weekly : \$99.00**

**\*(valid for 4 weeks from date of purchase, max 2 classes per day)**

