


JUST BREATHE PILATES -Winter Schedule
January 6th to March 29, 2025

MORNING	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:45am			Karen - 6:45am Level 2 apparatus (2 spaces)	Lauren - 6:45am Private lesson (Waitlist)		
8:00 to 8:30AM		Karen - 8:30am Level 3 apparatus (WAITLIST)	Karen - 8am Mens apparatus (2 spaces)	Lauren - 8am Private lesson (Waitlist)		Beginner Private lesson -Available - Contact to book
9:00 AM	Karen - 9am Level 2/3 Mat class (2 spaces)			Lauren - 9am Level 2 Mat class (Waitlist)	Karen - 9:00am Level 3/4 apparatus (WAITLIST)	
9:45 to 10AM		Mandy - 9:45am Semi Private (Waitlist)	Mandy - 10AM Semi Private (Waitlist)			9:30am Level 2 apparatus (2 spaces)
10:15am	Karen - 10:15am Private lesson (Waitlist)			Lauren - 10:15am Level 2 apparatus (3 spaces)	Karen - 10:15am Private lesson (Waitlist)	
11:00 AM		Mandy - 11:00am Level 2 apparatus (WAITLIST)	Karen - 11:00am Private lesson (Waitlist)			
11:30am	Karen - 11:30am Introduction to Pilates Series (5 spaces) Beginning Feb24			Beginner Private lesson -Available - Contact to book	Karen - 11:30am Semi Private (Waitlist)	
12:00 PM		Mandy - 12:00PM Level 2 apparatus (2 spaces)		Mandy - 12:45PM Level 2 apparatus (2 spaces)		

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 Email:karen@justbreathepilates.ca

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AFTERNOON	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3:30 to 4PM		Beginner Private lesson -Available - Contact to book	Mandy - 4PM Level 2 /3 apparatus (2 spaces)			
4:30 to 5PM	Karen - 4:30PM Level 3/4 apparatus (WAITLIST)	Mandy - 4:30pm Level 2/3 apparatus (2 spaces)	Mandy - 5PM Semi Private (Waitlist)	Karen - 4:30PM Level 2/3 apparatus (2 spaces)		
5:45 or 6PM	Karen- 6PM Level 2/3 Mat class (Waitlist)	Mandy - 5:45PM Level 2 apparatus (2 spaces)	Mandy - 6PM Introduction to Pilates Series (5 spaces) Beginning Feb26			
7:00PM				Karen - 7pm Zoom Mat class (contact to book)		
Current clients can book directly online via Jane app justbreathepilates.janeapp.com						
*If you are new to Pilates, contact directly at karen@justbreathepilates.ca						

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