

JUST BREATHE PILATES -FALL SCHEDULE
September 2 to December 20, 2025

MORNING	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:45am			Level 2/3 Apparatus - Karen - (1 SPACE)	Private lesson (Lauren)		
8:00 AM		8:30AM Level 3/4 Apparatus (Karen) - (1 SPACE)	Level 2/3 Apparatus (Karen)- (2 SPACES)	Private lesson (Lauren)		8:30AM All Levels Mat Class 45minute- TO BE CONFIRMED
9:00 AM	All Levels Mat Class - Karen (3 Spaces)		Private Lesson (Karen)	All Levels Mat Class (Lauren) - (2 Spaces)	Level 3/4 Apparatus (Karen) - (1 SPACE)	9:30AM Level 2/3 Apparatus - (2 SPACES)
10AM	10:00 - Private Lesson - Karen	Semi-Private Lesson (Mandy)	Semi-Private Lesson (Mandy)	Level 1/2 Apparatus (Lauren) (Waitlist)	10:00 - Private Lesson - Karen	
11AM		Level 2/3 Apparatus (Mandy) - WAITLIST	Private Lesson (Mandy)	Private Lesson (Mandy)		
11:30am	Level 1/2 Apparatus (Brette)				*PRIVATE LESSON SPACE - Karen	
12:00 PM	12:30PM Beginner Series (Brette)	Level 3/4 Apparatus (Mandy) (2 SPACES)	*PRIVATE LESSON or GROUP-Brette	12:15 -Level 2/3 Apparatus (Mandy) (1 SPACE)	5150 Bradner Road Abbotsford, BC Phone:604.897.1772 Email:karen@justbreathepilates.ca	

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Afternoon	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4PM			Level 2/3 Apparatus (Mandy (3 SPACES))			
4:30PM	Level 3/4 Apparatus (Waitlist) - Karen	Level 3/4 Apparatus (Mandy) (2 SPACES)	5PM = SEMI -Private Lesson (Mandy)	Level 3/4 Apparatus (Karen) (2 SPACES)		
6PM	Level 2/3 Apparatus (Karen) -WAITLIST	5:45PM -Level 1/2 Apparatus (Mandy) - (1 SPACE)	*PRIVATE LESSON or GROUP-Brette	Level 2/3 Apparatus (Karen) - WAITLIST		
7PM			Beginner Series (Brette)			
	*Current Clients can book online on Jane app at justbreathepilates.janeapp.com					

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