

BLS Fall 2019 Session

416 805-3887

bls@gabriellemanski.com

www.gabriellemanski.com



September 9, 2019 to November 29, 2019

Time	Monday	Tuesday	Wednesday	Thursday	NOTES:
AM	Pilates Mat All Levels 10 am-11am	GROUP REFORMER 9:30 am-10:30 am	<u>Privates</u> Personal Training Pilates Reformer Stability Chair Nutrition Consultations Coaching	GROUP REFORMER 9:30 am-10:30 am Forever Fit 10:35 am-11:25 am	Studio Closed: Oct. 14 Thanksgiving Day
			GROUP REFORMER 11am-12 pm		
PM					
	Privates Personal Training Pilates Reformer Stability Chair Nutrition Consultations Coaching	Privates Personal Training Pilates Reformer Stability Chair Nutrition Consultations Coaching GROUP REFORMER 4 pm-5 pm	Privates Personal Training Pilates Reformer Stability Chair Nutrition Consultations Coaching	Privates Personal Training Pilates Reformer Stability Chair Nutrition Consultations Coaching	
EVENING		Pilates Mat All Levels 6-7 pm	Yoga With Gabrielle 6-7:15 pm	Dynamic Flow and Sculpt 6 pm-7 pm	

Fee Schedule Fall Session 2019

All classes run on a class pass system for payment. Cash or Cheque is accepted for all purchases. Passes may be purchased at any time.

Classes must be booked in advance by email, phone or text message to secure your spot in the class.

Cancellations must be received **24 hrs. in advance**. Otherwise, class payment will be taken off your class pass.

Yoga/Pilates Mat/Dynamic Flow&Sculpt

Group	5 Class PASS	\$ 87.00	\$17.40 ea. class
	10 Class PASS	\$160.00	\$16.00 ea. class
	Drop in	\$ 20.00	ea. class

Private (60 min)

	5 Class PASS	\$ 370.00	\$ 74.00 ea. class
	10 Class PASS	\$ 720.00	\$ 72.00 ea. class
	Single Class	\$ 77.00	

Reformer/Stability Chair/Tower Trainer (60 min)

Group	5 Class PASS	\$ 130.00	\$ 26.00 ea. class
	10 Class PASS	\$ 230.00	\$ 23.00 ea. class
	Drop in	\$ 30.00	ea. Class

Private (60 min)

	5 Class PASS	\$ 385.00	\$ 77.00 ea. class
	10 Class PASS	\$ 730.00	\$ 73.00 ea. class
	Single Class	\$ 80.00	ea. class

Holiday Studio Closed

Oct. 14 Thanksgiving Day