

## FALL/ WINTER 2017 ADULT CLASS SCHEDULE

Monday Studio 1	Monday Studio 2	Tuesday Studio 1	Tuesday Studio 2	Wednesday Studio 1	Thursday Studio 1	Thursday Studio 2	Friday	Saturday	Sunday Studio 1	Sunday Studio 2
6:45 AM Body Blast (45 mins) <b>*Pre-Reg required</b>				6:45 AM Strength Cond. LVL 1/2 (45 mins) <b>*Pre-Reg required</b>			6:45 AM Stretch & Tone Barre (45 mins) <b>*Pre-Reg required</b>	8:00 AM Kettle Bell (30 mins) <b>*Pre-Reg required</b>	8:00 AM TRX (30 mins) <b>*Pre-Reg required</b>	
								8:30 AM Strength Conditioning LVL 2 (45 mins) <b>*Pre-Reg required</b>	8:30 AM AAA (30 mins) <b>*Pre-Reg required</b>	
				9:45 AM Power Glutes (30 mins) <b>*Pre-Reg required</b>			9:15 AM Stretch & Tone Barre (1 hour)	9:15 AM Core Blast (30 mins) <b>*Pre-Reg required</b>	9:00 AM Strength Conditioning 1/2 (45 mins) <b>*Pre-Reg required</b>	9:15 AM Stretch & Tone Barre (1 hour) <b>*Pre-Reg required</b>
10:00 AM Strength Conditioning LVL 1/2 (45 mins) <b>*Pre-Reg required</b>		11 AM Mom & Baby Stretch & Tone (1 hour) <b>*Starts Nov 14<sup>th</sup></b> <b>Registered 6 Week Session</b>		10:15 AM Core Blast (30 mins) <b>*Pre-Reg required</b>				9:45 AM Strength Conditioning LVL 1 (45 mins) <b>*Pre-Reg required</b>	9:45 AM Kettle Bell (30 mins) <b>*Pre-Reg required</b>	10:15 AM Restorative Yoga (60 mins)
							6:15 PM TRX (30 mins) <b>*Pre-Reg required</b>	10:30 AM Adult BollyHop (45 mins) <b>*Pre-Reg required</b>		12:00 PM Box Fit (45 mins) <b>*Pre-Reg required, by Friday prior @ 5pm</b>
6:45 PM Power Glutes (30 mins)					6:45 PM Core Blast (30 mins)		6:45 PM Core Blast (30 mins) <b>*Pre-Reg required</b>			
7:15 PM Core Blast (30 mins)	7:15 PM Adult Dance Hall (60 mins)	7:00 PM Stretch & Tone Barre (45 mins)	7:00 PM Samba (45 mins)	7:00 PM Adult Ballet (45 mins)	7:15 PM Cardio Blast (30 mins)	7:00 PM Adult Contemporary (45 mins)				
7:45 PM Strength Conditioning LVL 1/2 (45 mins)		7:45 PM Box Fit LVL 1 (45 mins) <b>*Pre-Reg required</b>		7:45PM Yoga (1 hour)	7:45 PM Strength Conditioning LVL 2 (45 mins)					

**\*Classes noted with a pre-registration requirement will not run if a minimum of 2 students have not reserved by 6pm the evening before.**

Pre-registration can be made online at [cornerstonestudio.ca](http://cornerstonestudio.ca), or by emailing [register@cornerstonestudio.ca](mailto:register@cornerstonestudio.ca).