

CORNERSTONE FITNESS CLASS SCHEDULE

LIVE STREAM SCHEDULE- EFFECTIVE MONDAY DECEMBER 7, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
*Reset/Restart 28 Day Challenge 6:45 AM ZOOM Strength (45min)	*Reset/Restart 28 Day Challenge 6:30 AM ZOOM Pilates (60min)	*Reset/Restart 28 Day Challenge 6:45 AM ZOOM Cardio/Core (30min)	*Reset/Restart 28 Day Challenge 6:30 AM ZOOM Yoga (60min)	*Reset/Restart 28 Day Challenge 6:45 AM ZOOM Strength (45min)		
		7:15 AM ZOOM LIVE STREAM Body Blast (45 mins)	7:15 AM ZOOM LIVE STREAM Strength Conditioning (45 mins)			
9:30 AM ZOOM LIVE STREAM Strength Conditioning (45 mins)		9:30 AM ZOOM LIVE STREAM Strength Conditioning (45 mins)	9:30 AM ZOOM LIVE STREAM Yoga (60 mins)	9:30 AM ZOOM LIVE STREAM Core + Cardio (45 mins)	9:15 AM ZOOM LIVE STREAM Strength Conditioning (45 mins)	9:00 AM ZOOM LIVE STREAM Pilates (60 mins)
*Reset/Restart 28 Day Challenge 10:30 AM ZOOM Strength (45min)	*Reset/Restart 28 Day Challenge 10:30 AM ZOOM Cardio/Core (30min)	*Reset/Restart 28 Day Challenge 10:30 AM ZOOM Pilates (60min)	*Reset/Restart 28 Day Challenge 10:30 AM ZOOM Strength (45min)	*Reset/Restart 28 Day Challenge 10:30 AM ZOOM Yoga (60min)		
6:45 PM ZOOM LIVE STREAM Strength Conditioning (45 mins)		7:00 PM ZOOM LIVE STREAM Strength Conditioning (30 mins)				
	7:45 PM ZOOM LIVE STREAM Stretch & Tone Barre (45 mins)	7:30 PM ZOOM LIVE STREAM Core + Cardio (30 mins)				

COVID-19 Class Reservation and Cancellation Policy

- Pre-reservation for all classes is required. Class reservations can be made through the online portal on our website.
- For morning classes, if a minimum of 3 clients are not registered in a class by the deadline (morning classes: 6pm the evening before; evening classes: 10am the day of) the class will be cancelled and an email will be sent out to all members, challengers and class card holders.
- Cancellations to class reservations must be done by emailing register@cornerstonestudio.ca by the deadlines listed above.
- Late cancellations or no shows will result in the client being charged for the full amount of their missed class (for drop ins or class cards); or a \$15.00 charge per class missed (for all unlimited passes and unlimited memberships).

***Registration in our 28 Day Reset/Restart Challenge is required to attend these classes.**

Have your weights, bands & mats ready, and have fun!