

Fall 2019 ADULT CLASS SCHEDULE

STARTS September 3rd, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:45 AM Strength Conditioning LVL 2 (45 mins)	6:45 AM Body Blast (45 mins)	6:45 AM Strength Conditioning LVL 1/2 (45 mins)		6:30 AM Energizing Yoga PWYC (60 mins)	8:00 AM HIIT LVL 2 (30 mins)	8:30 AM Stretch & Tone Barre (45 mins)
9:30 AM Strength Conditioning LVL 1/2 (45 mins)	9:30 AM TRX LVL 1/2 (30 mins)	9:30 AM Strength Conditioning LVL 1/2 (45 mins)	9:30 AM Body Blast (45 mins)	9:30 AM Stretch & Tone Barre (1 hour)	8:30 AM Strength Conditioning LVL 2 (45 mins)	9:15 AM HIIT LVL 1/2 (30 mins)
	10:00 AM AAA (30 mins)				9:15 AM Strength Conditioning LVL 1 (45 mins)	9:45 AM Strength Conditioning LVL 1/2 (45 mins)
						10:45 AM Restorative Yoga PWYC (60 mins)
6:45 PM Core (30 mins)		6:45 PM TRX LVL 1/2 (30 mins)	7:00 PM Strength Conditioning LVL 1 (45 mins)	6:45 PM Core Circuit (30 mins)		
7:15 PM Cardio Blast (30 mins)	7:45 PM Stretch & Tone Barre (45 mins)	7:15 PM Core Circuit (30 mins)	7:45 PM HIIT LVL 1/2 (30 mins)	7:15 PM Cardio Blast LVL 1/2 (30 mins)		
7:45 PM Strength Conditioning LVL 1/2 (45 mins)	8:30 PM Yoga PWYC (45 mins)	7:45 PM AA-Upper/Lower (30 mins)				

Pre-registration for all classes is recommended. Class reservations can be made through the online portal, or by emailing register@cornerstonestudio.ca. 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 their missed class (for drop ins or class cards); or a \$5.00 charge per class missed (for 2 week intro cards and unlimited memberships).