

CORNERSTONE FITNESS CLASS SCHEDULE
OUTDOOR & ONLINE- EFFECTIVE TUESDAY OCTOBER 13TH, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15 AM MONCUR PARK Park Strength (45 mins)		7:15 AM MONCUR PARK Park Body Blast (45 mins)	7:15 AM MONCUR PARK Park Strength Conditioning (45 mins)		8:00 AM MONCUR PARK Park Core + Cardio (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 MONCUR PARK Park Yoga (60 mins)	9:30 AM MONCUR PARK Park Stretch & Tone Barre (45 mins)		9:00 AM ZOOM LIVE STREAM Pilates (60 mins)
6:30 PM MONCUR PARK Park Strength Conditioning (45 mins)		7:00 PM ZOOM LIVE STREAM Strength Conditioning (30 mins)	6:30 PM MONCUR PARK Park Body Blast Strength Conditioning (45 mins)			
	7:45 PM ZOOM LIVE STREAM Stretch & Tone Barre (45 mins)	7:30 PM ZOOM LIVE STREAM Core + Cardio (30 mins)				

COVID-19 Adult 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).

Contact tracing forms must be submitted within 24 hours prior to each class you attend. You will not be permitted to participate without completing the form.

What to bring to the park:
A mat, a small towel, and a water bottle