

## SUMMER 2018 ADULT CLASS SCHEDULE

*Starts Tuesday July 3<sup>rd</sup>, 2018*

Monday Studio 1	Tuesday Studio 1	Wednesday Studio 1	Wednesday Studio 2	Thursday Studio 1	Friday	Saturday	Sunday Studio 1
6:45 AM Body Blast (45 mins)		6:45 AM Strength Cond. LVL 1/2 (45 mins)			6:30 AM Yoga (60 mins)  <i>*New: Energizing Flow 3 Week Series: July 6<sup>th</sup>-20<sup>th</sup>*</i>		8:00 AM TRX (30 mins)
						8:30 AM Strength Conditioning LVL 2 (45 mins)	8:30 AM AAA (30 mins)
9:30 AM Strength Conditioning LVL 1/2 (45 mins)		9:30 AM AAA (30 mins)			9:30 AM Stretch & Tone Barre (1 hour)	9:15 AM Core Blast (30 mins)	9:15 AM Stretch & Tone Barre (1 hour)
		10:00 AM TRX (30 mins)				9:45 AM Strength Conditioning LVL 1 (45 mins)	10:30 AM Restorative Yoga *Community Class* \$10 sug. donation) (60 mins)
							12 PM Boxing (1 hour)
					6:15 PM TRX (30 mins)		
6:45 PM Core Blast (30 mins)				6:45 PM Core Blast (30 mins)	6:45 PM Core Blast (30 mins)		
7:15 PM Cardio Blast (30 mins)	7:00 PM Stretch & Tone Barre (45 mins)	7:00 PM Adult Ballet (45 mins)		7:15 PM Cardio Blast (30 mins)			
7:45 PM Strength Conditioning LVL 1/2 (45 mins)	7:45PM Kettle Bell (30 mins)	7:45PM Yoga (1 hour)	7:45PM AAA (30 mins)	7:45 PM Strength Conditioning LVL 2 (45 mins)			

All morning class reservations must be made by 6pm the evening before, through the online portal, or by emailing [register@cornerstonestudio.ca](mailto:register@cornerstonestudio.ca). If a minimum of 3 clients are not registered in a class by 6pm the evening before, the class will be cancelled. If a class is not running, an email will be sent out to all members, challengers and class card holders by 8pm the evening prior.

Reservation cancellations for morning classes (taking place 1pm or earlier) must be done by emailing [register@cornerstonestudio.ca](mailto:register@cornerstonestudio.ca) by 10am the same day. Failure to cancel by the deadline will result in a charge of \$5.00 per class. Reservation cancellations for evening classes (taking place 1:30 pm or later) must be done by emailing [register@cornerstonestudio.ca](mailto:register@cornerstonestudio.ca) by 10am on the same day. Failure to cancel by the deadline will result in a charge of \$5.00 per class. No shows for reserved classes will be charged a \$5.00 fee per class.