

WINTER 2018 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)				6:45 AM Strength Cond. LVL 1/2 (45 mins)			6:45 AM Stretch & Tone Barre (45 mins)	8:00 AM Kettle Bell LVL 2 (30 mins)	8:00 AM TRX (30 mins)	
								8:30 AM Strength Conditioning LVL 2 (45 mins)	8:30 AM AAA (30 mins)	
				9:30 AM TRX (30 mins)			9:15 AM Stretch & Tone Barre (1 hour)	9:15 AM Core Blast (30 mins)	9:00 AM Strength Conditioning 1/2 (45 mins)	9:15 AM Stretch & Tone Barre (1 hour)
10:00 AM Strength Conditioning LVL 1/2 (45 mins)				10:00 AM AAA (30 mins)				9:45 AM Strength Conditioning LVL 1 (45 mins)		10:30 AM Restorative Yoga (60 mins)
				10:30 AM TRX (30 mins)						12:00 PM Box Fit (45 mins)
							6:15 PM TRX (30 mins)			
6:45 PM Power Glutes (30 mins)						6:45 PM Core Blast (30 mins)	6:45 PM Core Blast (30 mins)			
7:15 PM Core Blast (30 mins)	7:15 PM Cardio Blast (30 mins)	7:00 PM Box-Fit (45 mins)	7:00 PM Stretch & Tone Barre (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 2 (45 mins)	7:45 PM Strength Conditioning LVL 1 (45 mins)	7:45PM Yoga (1 hour)		7:45PM Yoga (1 hour)	7:45 PM Strength Conditioning LVL 2 (45 mins)					

All adult class reservations must be made by 6pm the evening before, through the online portal, or by emailing 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 by 6pm the evening before. 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 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.