

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) | |
| | | | | | | | 9:15 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) | | 10:30 AM Mom & Baby Stretch & Tone (1 hour) *Starts Jan 9th Registered 6 Week Session | | 10:00 AM TRX (30 mins) 10:30 AM AAA (30 mins) | | | | 9:45 AM Strength Conditioning LVL 1 (45 mins) | 9:45 AM Kettle Bell LVL 1/2 (30 mins) | 10:15 AM Restorative Yoga (60 mins) |
| | | | | | | | 6:15 PM TRX (30 mins) | | | 12:00 PM Box Fit (45 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 Stretch & Tone Barre (45 mins) | 7:00 PM Box-Fit (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 1/2 (45 mins) | | 7:45 PM TRX (30 mins) | | 7:45 PM Yoga (1 hour) | 7:45 PM Strength Conditioning LVL 2 (45 mins) | | | | | |

****Pre-registration is required for ALL classes, if a minimum of 3 students have not reserved by 6pm the evening before, class will be cancelled. If a class is not running, an email will be sent out to all members and class card holders by 7pm.** If you are dropping into class, simply email info@cornerstonestudio.ca at any time and we will let you know if a class has been cancelled or if it is running.**

Pre-registration can be made online at cornerstonestudio.ca or by emailing register@cornerstonestudio.ca.