

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		9:30 AM TRX (30 mins) 10:00 AM AAA (30 mins) 10:30 AM TRX (30 mins)				9:45 AM Strength Conditioning LVL 1 (45 mins)	9:45 AM Kettle Bell LVL 1/2 (30 mins)	10:30 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 (45 mins)	7:45 PM Strength Conditioning LVL 2 (45 mins)	7:45 PM TRX (30 mins)	7:45PM Yoga (1 hour)	7:45PM 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.

WINTER 2018 ADULT CLASS SCHEDULE