

## Winter 2020 ADULT CLASS SCHEDULE

STARTS JANUARY 4<sup>TH</sup>, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:45 AM Strength Conditioning LVL 2 (45 mins)	6:45 AM Body Blast (45 mins)	6:45 AM Strength Conditioning LVL 1/2 (45 mins)		6:30 AM Energizing Yoga *PWYC (60 mins)	8:00 AM HIIT LVL 2 (30 mins)	8:30 AM BarreMove (45 mins)
9:30 AM Strength Conditioning LVL 1/2 (45 mins)	9:30 AM TRX (30 mins)	9:30 AM Strength Conditioning LVL 1/2 (45 mins)	9:30 AM Body Blast (45 mins)	9:30 AM BarreStrong (60 mins)	8:30 AM Strength Conditioning LVL 2 (45 mins)	9:15 AM HIIT LVL 1/2 (30 mins)
<i>Personal Training</i>	10:00 AM AAA (30 mins)	<i>Personal Training</i>	<i>Personal Training</i>	<i>Personal Training</i>	9:15 AM Strength Conditioning LVL 1 (45 mins)	9:45 AM Strength Conditioning LVL 1/2 (45 mins)
	<i>Personal Training</i>	6:15 PM *New* Band Burn (30 mins)			10:00 AM ELDOA (60 mins)	10:45 AM Restorative Yoga *PWYC (60 mins)
7:00 PM Cardio Blast (30 mins)		6:45 PM TRX (30 mins)	7:00 PM Strength Conditioning LVL 1 (45 mins)		<i>Personal Training</i>	<i>Personal Training</i>
7:30 PM Strength Conditioning LVL 1/2 (45 mins)	7:45 PM BarreBurn (45 mins)	7:15 PM Core Circuit (30 mins)	7:45 PM HIIT LVL 1/2 (30 mins)			
	8:30 PM Candlelit Yoga *PWYC (45 mins)	<i>Personal Training</i>	<i>Personal Training</i>			

Pre-registration for all classes is recommended. Class reservations can be made through the online portal, or by emailing [register@cornerstonestudio.ca](mailto:register@cornerstonestudio.ca). 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](mailto:register@cornerstonestudio.ca) by the deadlines listed above. Late cancellations or no shows will result in the client being charged for their missed class (for drop ins or class cards); or a \$5.00 charge per class missed (for 2 week intro cards and unlimited memberships).