

Winter/ Spring 2020 ADULT CLASS SCHEDULE
STARTS FEBRUARY 18TH, 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)			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)
Personal Training	10:00 AM AAA (30 mins)	Personal Training	Personal Training	Personal Training	9:15 AM Strength Conditioning LVL 1 (45 mins)	9:45 AM Strength Conditioning LVL 1/2 (45 mins)
	Personal Training	6:15 PM *New* Band Burn (30 mins)			10:00 AM ELDOA (60 mins)	10:45 AM Gentle Stretch & Restore 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)		Personal Training	Personal Training
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)	Personal Training	Personal Training			

Pre-registration for all classes is recommended. Class reservations can be made through the online portal, or by emailing 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 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).