

Schedule for:  
**Free Virtual Pilates Classes**

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Tuesday, Oct 20	4PM-5PM	Pilates mat - all levels
Wednesday, Oct 28	12PM-1PM	Pilates mat - all levels
Tuesday, Nov 3	4PM-5PM	Pilates mat - all levels
Wednesday, Nov 11	12PM-1PM	Pilates mat - all levels
Tuesday, Nov 17	4PM-5PM	Pilates mat - all levels
Wednesday, Nov 25	12PM-1PM	Pilates mat - all levels
Tuesday, Dec 1	4PM-5PM	Pilates mat - all levels
Wednesday, Dec 9	12PM-1PM	Pilates mat - all levels

Email [leladawson@shaw.ca](mailto:leladawson@shaw.ca) to sign up with the date(s) you would like!

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