

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00AM - 9:00AM					NEW! 8:15am Intense Reformer		
9:00AM - 10:00AM	9:30am Reformer Trim & Tone	9:30am Intense Reformer	9:30am Core Reformer	9:30am Reformer Body Sculpt	9:30am Reformer Body Sculpt	9:30am Intense Reformer	
10:00AM - 11:00PM	10:45am Reformer Body Sculpt	10:45am Restorative Reformer	10:45am Intense Reformer	10:45am Core Reformer	10:45am Core Reformer	10:45am Core Reformer	
	10:45am Springboard Sculpt	NEW! 10:45am Core Dynamics I		10:45am Springboard Intense	10:45am Springboard Core		
12:00PM - 1:00PM	12:00pm Core Reformer	NEW! 12:00pm Core Reformer	12:00pm Restorative Reformer	NEW! 12:00pm Core Essentials	12:00pm Restorative Reformer	12:00pm Springboard Core	
1:00PM - 2:00PM							
5:00PM - 6:00PM							
6:00PM - 7:00PM	6:00pm Intense Reformer	6:30pm Core Reformer	6:15pm Intense Reformer				

Schedule Changes

Please make sure to cancel out of a class at least 6 hours prior to the class start time. Otherwise regular charges for the class apply. This can be done online or by calling the Front Desk of the Studio where the class is scheduled.

5-minute rule

If you have reserved a space in a class and are going to be late, please let the Studio know. Otherwise your spot will be made available after 5 minutes. Available spaces are offered on a first come, first served basis.

Studio Schedule is subject to change. Please visit bodyharmonics.com for the most current information.

672 Dupont Street, Suite 406, Toronto, ON M6G 1Z6 Canada | Telephone: 416.537.0714

90 Eglinton Avenue West, Suite 501, Toronto, ON M4R 2E4 Canada | Telephone: 416.482.4884

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00AM - 9:00AM		8:15am Core Reformer	8:15am Intense Reformer	8:15am Core Reformer			
9:00AM - 10:00AM	9:30am Intense Reformer	9:30am Intense Reformer	9:30am Reformer Trim & Tone	9:30am Intense Reformer	9:30am Intense Reformer	9:30am Reformer Trim & Tone	
	NEW! 9:30am Core Dynamics I	9:30am Springboard Core			NEW! 9:30am Core Dynamics II	NEW! 9:30am Abs, Hips and Thighs	
10:00AM - 11:00PM	10:45am Reformer Body Sculpt	10:45am Reformer Body Sculpt	10:45am Intense Reformer	10:45am Reformer Body Sculpt	10:45am Reformer Trim & Tone	10:45am Core Reformer	
	10:45am Springboard Sculpt						
12:00PM - 1:00PM	12:00pm Core Reformer	12:30pm Restorative Reformer	12:30pm Core Reformer		12:00pm Core Reformer	12:00pm Intense Reformer	
1:00PM - 2:00PM			1:45pm Restorative Reformer				
5:00PM - 6:00PM	5:30pm Core Reformer	5:30pm Intense Reformer	5:30pm Intense Reformer	5:30pm Core Reformer			
6:00PM - 7:00PM	6:45pm Intense Reformer	6:45pm Reformer Trim & Tone	6:45pm Core Reformer	6:45pm Intense Reformer			
				6:45pm Springboard Intense			

Schedule Changes

Please make sure to cancel out of a class at least 6 hours prior to the class start time. Otherwise regular charges for the class apply. This can be done online or by calling the Front Desk of the Studio where the class is scheduled.

5-minute rule

If you have reserved a space in a class and are going to be late, please let the Studio know. Otherwise your spot will be made available after 5 minutes. Available spaces are offered on a first come, first served basis.

Studio Schedule is subject to change. Please visit bodyharmonics.com for the most current information.

672 Dupont Street, Suite 406, Toronto, ON M6G 1Z6 Canada | Telephone: 416.537.0714

90 Eglinton Avenue West, Suite 501, Toronto, ON M4R 2E4 Canada | Telephone: 416.482.4884