

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00AM 9:00AM					8:15am Intense Reformer		
		<b>NEW!</b> 8:15am Core Reformer*	8:15am Springboard Intense				
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	
		10:45am Abs, Hips and Thighs		<b>NEW!</b> 9:30am Full Body Advanced Mat*		9:30am Core Dynamics II	
10:00AM 11:00AM	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			10:45am Springboard Intense	10:45am Springboard Core		
12:00PM 1:00PM	12:00pm Core Reformer	12:00pm Core Reformer	12:00pm Restorative Reformer	12:00pm Springboard Core	12:00pm Restorative Reformer	12:00pm Springboard Core	
1:00PM 2:00PM							
5:00PM 6:00PM	5:00pm Core Reformer	5:15pm Intense Reformer					
6:00PM 7:30PM	6:00pm Intense Reformer	6:30pm Core Reformer	6:15pm Intense Reformer	<b>NEW!</b> 6:00pm Reformer Trim & Tone			
		6:30pm Springboard Core	7:30pm Reformer Cardio Jumpboard				

### 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.

\*Starts September 21, 2023.

Studio Schedule is subject to change.

Please visit [bodyharmonics.com](http://bodyharmonics.com) for the most current information.

672 Dupont Street, Suite 406, Toronto, ON M6G 1Z6 Canada | 416.537.0714  
90 Eglinton Avenue West, Suite 501, Toronto, ON M4R 2E4 Canada | 416.482.4884

Email: [inquiries@bodyharmonics.com](mailto:inquiries@bodyharmonics.com)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00AM 9:00AM		8:15am Core Reformer	8:15am Intense Reformer	8:15am Core 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	
	9:30am Core Dynamics I	9:30am Springboard Core	9:30am Springboard Sculpt		9:30am Core Dynamics II	9:30am Abs, Hips and Thighs	
10:00AM 11:00AM	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	10:45am Full Body Advanced Mat	<b>NEW!</b> 10:45am Abs, Hips and Thighs	<b>NEW!</b> 10:45am Core Essentials	10:45am Springboard Sculpt	10:45am Full Body Advanced Mat	
12:00PM 1:00PM	12:00pm Core Reformer	12:30pm Restorative Reformer	12:30pm Core Reformer	12:00pm Intense Reformer	12:00pm Core Reformer	12:00pm Intense Reformer	
				12:00pm Springboard Intense			
1:00PM 2:00PM			1:45pm Restorative Reformer		1:15pm Restorative Reformer		
5:00PM 6:00PM	5:30pm Core Reformer	5:30pm Intense Reformer	5:30pm Intense Reformer	5:30pm Core Reformer			
			5:30pm Abs, Hips and Thighs				
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			

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