

Men's Mind Body Fitness



Weekly Class Schedule

realmendopilates@gmail.com

	mon	tues	wed	thurs	fri	sat	sun
6:40	High Performance Athletes			High Performance Athletes			
7:50	Fascial Stretching & Breath Work Post-Rehab			Fascial Stretching & Breath Work Post-Rehab			
9:00	Postural Conditioning			Postural Conditioning			
10:10	Challenging Workouts			Challenging Workouts			
11:20	Arthritics & Back Care		Arthritics & Back Care				
1:00	Arthritics & Back Care		Arthritics & Back Care				
2:15	Sports Teams & One-on-One		Sports Teams & One-on-One		Sports Teams & One-on-One		
4:30	Fascial Stretching & Breath Work Post-Rehab			Fascial Stretching & Breath Work Post-Rehab			
5:40	Postural Conditioning			Postural Conditioning			
6:50	Challenging Workouts			Challenging Workouts			
8:00	Weekend Warriors for Function						
9:00							

real men do pilates



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