

Heron House Pilates & Yoga *Winter Schedule 20/21*

Please note that to due physical distancing, class size is maximum 4 clients.

<i>Time</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>
9:00	8:30 class Mixed 15	class Rebounder	class HIIT	8:45 class Zoom Pilates
10:00	9:30 class Pilates Yoga Fusion	class Rebounder	class Pilates Yoga Fusion	class Pilates Yoga Fusion
11:00	class Pilates Equipped	11:15 private <i>full</i>	class Hatha Yoga	
2:00		class Meditation		
3:00		private <i>full</i>		
3:30	class Zoom Yoga	private <i>full</i>	private Zoom	
5:00	1.5hr class Hatha Yoga		1.5hr class Hatha Yoga	



All classes & sessions include HST.
Sorry, we do not accept credit cards.
Make up classes are available if you miss a class.

Heron House Pilates & Yoga

40 Hill Street
Picton, Ontario
email: hhpilatesyoga@gmail.com
www.hhpilatesyoga.com
613 476 4494