

Heron House Pilates & Yoga
2019/20 Schedule (updated December 01, 2019)
You are welcome to join classes at any time. Just call ahead.

<i>Time</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>
Morning 8:30				
9:00			private session full	class Pilates Matwork
9:30	class Pilates Yoga Fusion	class Cardio Rebounder	private session full	
10:00			class Pilates Yoga Fusion	class Pilates Strength
10:30	private session full	10:30 class Cardio Rebounder		
11:00	class Pilates Equipped		class Hatha Yoga	class Pilates Yoga Fusion
1:00	private session full	semi-private full	semi-private full	12:00 private session full
1:30				Friday & weekend sessions or classes by appointment only.
2:00	private session full	class Meditation	private session full	Private / semi- private sessions available in Pilates, yoga or personal training.
2:30	private session full			
3:00		private session full		Sessions designed & scheduled for your fitness needs.
3:30	class HIIT		class HIIT	
Evening 4:30	class Pilates Equipped	4:00 semi-private full	class Pilates Fit Mat	
5:30	1.5hr class Hatha Yoga	5:00 class Pilates Strength		
6:00			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

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