




SCHEDULE www.rhythmicrainbow.ca

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A.M.	9:30– 10:30 Transformation BootCamp with Tyrone★		9:30– 10:30 Transformation BootCamp with Tyrone★		9:15 – 10:20 BREATHE, STRETCH, FOCUS YOUR MIND! YOGA with Briar★	10:00 – 11:15  with Barbara	
P.M.	6:30 – 7:45  with Barbara	6:15 - 7:15 Pilates Mat with Maria★ NEW! 7:30 – 8:45 Flow YOGA with Sarah	6:30 – 7:45  with Barbara	6:30 – 7:30 Intro Pilates Mat with Maria★ NEW!			
			8:00 – 9:00 Nia 5 Stages with Barbara March 21				

★ To register, contact the instructor directly

Briar Boake briar.boake@sympatico.ca or call 416-259-8669 - 10 classes - \$150

Tyrone Hinds transformationbydesign@yahoo.com or call 647-339-5972 – 8 classes - \$145

Maria Fernandez mariafern@hotmail.com or call 416-769-0263

★ registration required

Fees (applies to all Nia & Nia 5 Stages classes and Sarah’s Tuesday Flow Yoga class)

1 Drop In Class: \$ 16.50

5 Class Pass: \$ 75 (to be used within a 6-week period) * ~ Best for 1 class per week

10 Class Pass: \$145 (to be used within a 12-week period) * ~ Best for 1 class per week

10 Class Pass: \$130 (to be used within a 6-week period) * ~ Best for 2 classes per week

20 Class Pass: \$200 (to be used within a 9-week period) * ~ Best for 3 classes per week

*expiry calculated from date of first class & takes into account statutory holidays