



GROUP CLASS SCHEDULE

Monday	<ul style="list-style-type: none"> • 10:00 - 10:50 - Matwork (Beginner) • 12:30 - 13:20 - Matwork (Intermediate)
Tuesday	<ul style="list-style-type: none"> • 13:00 - 13:50 - Tower (All levels)
Wednesday	<ul style="list-style-type: none"> • 12:30 - 13:20 - Mat (Intermediate) • 18:00 - 18:50 - Tower (All levels) (<i>in French</i>)
Thursday	<ul style="list-style-type: none"> • 11:30 - 12:20 - Tower (All levels) • 12:30 - 13:20 - Mat (Beginner)

Terms & conditions:

- Space is limited. Please reserve your spot by email (info@lineapilates.com) or SMS (079 762 35 07).
- Cancellation policy: if less than 24 hours' notice, class will be charged unless a replacement is found. This applies to all classes. No-shows will be billed.

Important note:

- Group classes are not suitable in case of recent surgery, injuries, and/or serious physical limitations. In these instances, clients should work exclusively one-to-one. After a long period of absence, it is recommended that a client take some private classes before joining the group classes.