

WINTER 2019 ADULT CHALLENGE CLASS SCHEDULE

STARTS SATURDAY JANUARY 5TH, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:45 AM Strength Conditioning LVL 2 (45 mins)	6:45 AM Body Blast (45 mins)	6:45 AM Strength Conditioning LVL 1/2 (45 mins)	6:30 AM Energizing Flow Yoga (1 hour)	6:45 AM Stretch & Tone Barre (45 mins)	8:00 AM HIIT LVL 2 (30 mins)	8:00 AM TRX LVL 1/2 (30 mins)
9:30 AM Strength Conditioning LVL 1/2 (45 mins)	9:30 AM TRX (30 mins)	9:30 AM Strength Conditioning LVL 1/2 (45 mins)	9:30 AM Body Blast (45 mins)	9:30 AM Stretch & Tone Barre (1 hour)	8:30 AM Strength Conditioning LVL 2 (45 mins)	8:30 AM AAA (30 mins)
10:15 AM HIIT LVL 1/2 (30 mins)	10:00 AM AAA (30 mins)	10:15 AM Box Fit (30 mins)			9:15 AM Core Blast (30 mins)	9:00 AM Box Fit (30 mins)
					9:45 AM Strength Conditioning LVL 1 (45 mins)	9:30 AM Strength Conditioning LVL 1/2 (45 mins)
				6:15 PM TRX (30 mins)	10:30 AM Cardio Blast LVL 1 (30 mins)	10:30 AM Restorative Yoga *Community Class* \$10 sug. donation (60 mins)
7:00 PM Core (30 mins)		7:00 PM Adult Ballet (45 mins)	7:00 PM <i>Movement Technique</i> (30 mins)	6:45 PM Core Circuit LVL 1/2 (30 mins)		
7:30 PM Cardio Blast (30 mins)	7:15 PM Stretch & Tone Barre (45 mins)	7:45 PM AAA (30 mins)	7:30 PM HIIT LVL 2 and HIIT LVL 1 (30 mins)	7:15 PM Kettle Bell LVL 2 and Cardio Blast LVL 1 (30 mins)		
8:00 PM Strength Conditioning LVL 2 and LVL 1 (45 mins)	8:00 PM Yoga (1 hour)	8:15 PM TRX (30 mins)	8:00 PM Strength Conditioning LVL 2 (45 mins)	7:45 PM Functional Stretching (15 mins)		

All morning class reservations must be made by 6pm the evening before, through the online portal, or by emailing register@cornerstonestudio.ca. If a minimum of 3 clients are not registered in a class by 6pm the evening before, the class will be cancelled. If a class is not running, an email will be sent out to all members, challengers and class card holders by 8pm the evening prior. Reservation cancellations for morning classes (taking place before 1pm) must be done by emailing register@cornerstonestudio.ca by 10am the day of. Failure to cancel by the deadline will result in a charge of \$5.00 per class. Reservation cancellations for evening classes (taking place 1:30 pm or later) must be done by emailing by 10am the day of. Failure to cancel by the deadline will result in a charge of \$5.00 per class. No shows for reserved classes will be charged a \$5.00 fee per class. Classes that have not been cancelled are welcome for drop ins.