

GROUP FITNESS & SPIN SCHEDULE

Effective September 10th, 2018



604-466-9944 / www.fitwells.ca
 #110-22441 Dewdney Trunk Road
 Maple Ridge BC

AEROBICS								SPIN*							
	MON	TUES	WED	THURS	FRI	SAT	SUN		MON	TUES	WED	THURS	FRI	SAT	
<u>5:45am</u>		CARDIO SCULPT Pamela		STEP & SCULPT Danielle				<u>5:45am</u>	SPIN Colleen		SPIN Pamela		SPIN Danielle		
<u>9:15am</u>	ULTIMATE CONDITION Sara	GROUP POWER Sara	STEP Sara	GROUP POWER Nicole	STEP & SCULPT Sara	--9:00am-- ULTIMATE CONDITION Danielle	--9:00am-- STEP Cassandra	<u>9:15am</u>	SPIN Nicole			SPIN Colleen	SPIN Nicole	--9am-- SPIN Pamela	
<u>10:15am</u>	YOLATES Heidi	--10:30am-- ZUMBA	CARDIO SCULPT Heidi	--10:30am-- ZUMBA	--10:30am-- ZUMBA	--10:15am-- ZUMBA	--10:15am-- ZUMBA	<u>4:30pm</u>		SPIN Tammy	--5pm-- SPIN Lorelei				
<u>12:00pm</u>	STEP & SCULPT Tammy	--11:30am-- ZUMBA	POWER FLOW YOGA Heidi	--11:30am-- ZUMBA	YOGA Rose			<u>5:30pm</u>	SPIN Monica						
<u>5:30pm</u>	GROUP POWER Nicole	CARDIO CORE FUSHION Kim S	**5:45pm** Group Power EXPRESS Lorelei	STEP & SCULPT Danielle	--5:45pm-- ZUMBA			<u>X LAB*</u>		Tues. 9:30am Sara	Wed. 6:00pm Monica/ Sara			Saturday 9:30 am Sara	
<u>7:00pm</u>	YOGA Tina	--6:30pm-- ZUMBA	ZUMBA	--6:30pm-- ZUMBA											
<u>8:00pm</u>	ZUMBA	--7:30pm-- ZUMBA	ZUMBA	--7:30pm-- ZUMBA											

Note: by Fiesta Latina Fitness is a Paid Program
 *SPIN is \$3.00 per class
 *XLAB is \$15.00 per class

OPEN 7 DAYS A WEEK

Mon – Thurs 5:30 AM – 9:30 PM
 Friday 5:30 AM – 7:00 PM
 Saturday 7:00 AM – 5:00 PM
 Sunday 8:00 AM – 3:00 PM

KIDZ KLUB

Mon – Friday 8:45 AM -12:00 PM
 Saturday 8:45AM - 10:45 AM
 Mon 5:15 PM – 7:15 PM
 Tues 4:15 PM - 6:30 PM
 Wed 5:00 PM - 7:00 PM
 Thurs – Sun (PM) **CLOSED**