

GROUP FITNESS & SPIN SCHEDULE



Effective January 7th

#1101-22441 Dewdney Trunk Road
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AEROBICS								SPIN *						
	MON	TUES	WED	THURS	FRI	SAT	SUN		MON	TUES	WED	THURS	FRI	SAT
5:45 AM		CARDIO SCULPT <i>Pamela</i>		STEP & SCULPT <i>Danielle</i>				5:45 AM	SPIN <i>Colleen</i>		SPIN <i>Pamela</i>		SPIN <i>Danielle</i>	
9:15 AM	ULTIMATE CONDITION <i>Sara</i>	GROUP POWER <i>Ashley</i>	STEP & SCULPT <i>Paula</i>	GROUP POWER <i>Nicole</i>	STEP <i>Sara</i>	*9:00 AM* ULTIMATE CONDITION <i>Danielle</i>	*9:00 AM* STEP <i>Cassandra</i>	9:15 AM	SPIN <i>Nicole</i>			SPIN <i>Colleen</i>	SPIN <i>Nicole</i>	*9:00 AM* SPIN <i>Pamela</i>
10:15 AM	YOLATES <i>Heidi</i>	*10:30 AM* ZUMBA <i>fitness</i>	CARDIO SCULPT <i>Heidi</i>	*10:30 AM* ZUMBA <i>fitness</i>	*10:30 AM* ZUMBA <i>fitness</i>	*10:30 AM* ZUMBA <i>fitness</i>	*10:30 AM* ZUMBA <i>fitness</i>	4:30 PM		SPIN <i>Tammy</i>				
12:00 PM	STEP & SCULPT <i>Tammy</i>		POWER FLOW YOGA <i>Heidi</i>		YOGA <i>Rose</i>			5:30 PM	SPIN <i>Danielle</i>		*5:00 PM* SPIN <i>Lorelei</i>			
5:30 PM	BODY SCULPT <i>Tina</i>	CARDIO CORE FUSION <i>Kim S</i>	*5:45 PM* GROUP POWER EXPRESS <i>Lorelei</i>	STEP & SCULPT <i>Cassandra</i>	*5:45 PM* ZUMBA <i>fitness</i>			XLAB *		9:30 AM <i>Sara</i>	6:00 PM <i>Tina</i>			9:30 AM <i>Sara</i>
7:00 PM	YOGA <i>Tina</i>	*6:30 PM* ZUMBA <i>fitness</i>	ZUMBA <i>fitness</i>	*6:30 PM* ZUMBA <i>fitness</i>					TRX *		9:30 AM <i>Sara</i>			
7:30 PM		ZUMBA <i>fitness</i>		ZUMBA <i>fitness</i>										



***PAID PROGRAMS** Includes Tax

Spin	\$3.00	Drop In	 Fiesta Latina Fitness is a Paid Program
XLAB	\$15.75	Drop In	
TRX	\$15.75	Drop In	

OPEN 7 DAYS A WEEK		KIDZ CLUB	
Monday	5:30 AM - 9:30 PM	AM HOURS	
Tuesday	5:30 AM - 9:30 PM	Monday - Friday	8:45 AM - 12:00 PM
Wednesday	5:30 AM - 9:30 PM	Saturday	8:45 AM - 10:45 PM
Thursday	5:30 AM - 9:30 PM	Sunday	CLOSED
Friday	5:30 AM - 7:00 PM	PM HOURS	
Saturday	7:00 AM - 5:00 PM	Monday	5:15 PM - 7:15 PM
Sunday	8:00 AM - 3:00 PM	Tuesday	4:15 AM - 6:30 PM
		Wednesday	5:00 PM - 7:00 PM
		Thursday - Sunday	CLOSED