

FITNESS & YOGA CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00-8:00am YOGA Marlies	7:30-8:00am CYCLEFIT30 Karley		7:30-8:00am CYCLEFIT30 Karley	7:00-8:00am YOGA Marlies		
					9:15am-10:00am CYCLEFIT30 Geoff	
10:00-10:30am CYCLEFIT30 Karley	10:00-10:45am GFit45 Karley	10:00-10:30am CYCLEFIT30 Karley	10:00-10:45am GFit45 Karley	10:00-10:30am CYCLEFIT30 Karley	10:15-11:00am GFit45 Laurissa	
10:30-11:15am GFit45 Karley	11:00-11:30am CYCLEFIT30 Karley	10:30-11:15am GFit45 Karley	11:00-11:30am CYCLEFIT30 Karley	10:30-11:15am GFit45 Karley		
						12:00-1:00pm YOGA Marlies
4:00pm-4:45pm GFit45 Laurissa						
5:00-5:30pm HIIT30 Laurissa	5:00-5:30pm HIIT30 Laurissa	5:00-5:30pm HIIT30 Kurtis	5:00-5:30pm HIIT30 Karley	5:00-5:30pm HIIT30 Mark		
5:30-6:15pm GFit45 Kurtis	5:30-6:15pm GFit45 Karley	5:30-6:15pm GFit45 Kurtis	5:30-6:15pm GFit45 Karley			
	6:15pm-7:15pm CYCLE30/CORE30 Karley	6:30pm-7:15pm CYCLEFIT30 Geoff	6:30-7:30pm 30/30 (Cycle/Yoga) Karley			
7:00-8:00pm YOGA Jessica						