

# FITNESS & YOGA CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00-8:00am YOGA Marlies		7:00-8:00am YOGA Marlies		7:00-8:00am YOGA Jessica		
					8:15am-9:00am CYCLEFIT45 Geoff	
9:30-10:00am CYCLEFIT30 Karley	9:30-10:30am CYCLE30/CORE30 Karley	9:30-10:00am CYCLEFIT30 Karley	9:30-10:30am CYCLE30/YOGA30 Karley	9:30-10:00am CYCLEFIT30 Karley		
10:00-10:45am GFit45 Karley		10:00-10:45am GFit45 Karley		10:00-10:45am GFit45 Karley	10:15-11:00am GFit45 Laurissa	
	10:30-11:15am GFIT45 Karley		10:30-11:15am GFIT45 Karley			
4:00-4:45pm 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 Laurissa	5:30-6:15pm GFit45 Karley	5:30-6:15pm GFit45 Kurtis	5:30-6:15pm GFIT45 Karley			
	6:15-7:15pm CYCLE30/CORE30 Karley		6:15-7:15pm CYCLE30/YOGA30 Karley			
7:00-8:00pm YOGA Jessica						