

Fitness Centre Schedule:

January

2012

Llegend:		Complimentary Classes					
Dates:	23	24	25	26	27	28	29
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga / Stretching		6:30-7:30am Flow Yoga Meagan (studio)	6:15-7:15am Early Bird Training Giulia (gym)		6:30-7:30am Flow Yoga Meagan (studio)		
Early Morning Circuits					6:30-7:30am Early Bird Training Guila (gym)		
Jackie Dobie Classes	9:30-10:30am Cardio Sculpt FREE Leanne (studio)	9:30-10:30am Pilates FREE Leslie (studio)	9:30-10:30am BBB Class FREE Angela (studio)	9:30-11:00am Flow Yoga FREE Meagan (studio)	9:30-10:30am Movement to Music FREE Meredith (studio)	9:30-11:00am Saturday Challenger FREE Barb (studio)	
	9:30-10:30am Jackie Dobie's Circuit Training Jackie (gym)	10:30-11:30am Int/Adv Pilates Leslie (studio)	9:30-10:30am Jackie Dobie's Circuit Training Jackie (gym)		9:30-10:30am Jackie Dobie's Circuit Training Jackie (gym)		11:00-12:00pm Studio Booking (Studio)
	10:30-11:00am Super Stretch Leanne (studio)		12:00-1:00pm Studio Booking (studio)				
	5:00-6:00pm Squash Group (Studio)		5:00 - 6:30pm Badminton Group (Studio)			2:45-3:45pm Studio Booking (studio)	
	6:00-7:00pm TRX Bootcamp FREE Kaitlin (studio)	6:00-7:00pm Studio Spin FREE Alexa (gym)	6:00-7:00pm Athlete Training FREE Angela (gym)	6:00-7:00pm Speed & Agility FREE Alexa (gym)	5:00-6:00pm Studio Spin FREE Ruth (Studio)		
Specialty Classes							
Private Group Booking		7:15-9:30pm Tribal Belly dancing (studio)		7:15-9:15pm Tribal Belly Dancing (studio)			