

# NOVEMBER 2020



2010-2020

## Main Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
8:00-8:45a	<b>Vinyasa Yoga</b> Michelle	<b>Muscle Pump</b> Shauna	<b>Vinyasa Yoga</b> Michelle	<b>Muscle Pump</b> Shauna	<b>Vinyasa Yoga</b> Michelle	8:30-8:45a	<b>Vinyasa Yoga</b> Rotating
9:00-9:45a		<b>TOTAL BODY</b> Sierra	<b>TOTAL BODY</b> Sierra	<b>TOTAL BODY</b> Sierra	<b>TOTAL BODY</b> Sierra		
10:00-10:45a	<b>RESTORATIVE YOGA</b> Michelle		<b>RESTORATIVE YOGA</b> Ashley		<b>RESTORATIVE YOGA</b> Michelle		
5:30-6:15p	<b>Beginner HIIT</b> Sierra		<b>Beginner HIIT</b> Sierra				
6:30-7:45p			<i>Line Dancing</i> Mireya				
7:00-7:45p		<b>GENTLE YOGA</b> Ashley					

PERSONAL TRAINING SPECIAL

*4 Personal Training Sessions*

30% off for a limited time

**\$168**

\*Limit 1 package per member

## Studio 1

Time	Monday	Tuesday	Wednesday	Thursday	Friday	
9:00a	<b>ZUMBA</b> Karyn		<b>ZUMBA</b> Karyn		<b>ZUMBA</b> Karyn	

## Spin Room

6:00p	<i>Spin</i> Shauna	<i>Spin</i> Shauna		<i>Spin</i> Jessica		No Spin Classes on the following days: Nov 19th Nov 26th
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## Aquatics

Time	Monday	Tuesday	Wednesday	Thursday	Friday	
9:00a	<b>Aquarobics</b> Ann		<b>Aquarobics</b> Ann		<b>Aquarobics</b> Ann	
5:00p	<b>Aquarobics</b> Ann	<b>Aquarobics</b> Lorianne	<b>Aquarobics</b> Ann	<b>Aquarobics</b> Lorianne		
6:00p	<b>Aquarobics</b> Ann	<b>Aquarobics</b> Lorianne	<b>Aquarobics</b> Ann	<b>Aquarobics</b> Lorianne		

