

OCTOBER 2020

DROP IN FITNESS CLASSES

* ALL CLASSES ARE CO-ED *

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				6:00-6:45 Pure PSYCLE 9:30-10:15 Pure PSYCLE 10:45-11:35 #STRONG 12:00-12:50 BUTTS n GUTS 5:15-6:05 Raise the BARRE 5:15-6:05 PILATES APPARATUS 6:30-7:20 BENCH & BELLS	6:00-6:45 Booty Barre 9:15-10:05 Strength for LIFE 10:30-11:30 Ripped Ride 11:30-12:20 BETTER BACKS & HIPS 12:00-1:15 STRESS LESS Yoga 5:15-6:00 Interval FIT	8:30-9:30 Biker GANG 9:00-10:00 Piloxing 10:30-11:30 Essentrics <i>Childminding 8:30-11:30</i>
4	5	6	7	8	9	10
8:30-9:30 Booty Barre 9:15-10:15 TRX Strength & Cardio 10:30-11:30 Ride & Roll <i>No Childminding Sundays</i>	9:15-10:05 MAT Pilates 9:30-10:20 Raise the BARRE 10:30-11:20 PILATES APPARATUS 10:45-11:00 Pure PSYCLE 12:00-12:50 BENCH & BELLS 5:15-6:05 PILATES APPARATUS 5:15-6:05 Strength for LIFE 6:15-7:15 Ripped Ride 6:30-7:20 PILATES APPARATUS 7:30-8:30 YOGA Peaceful Flow	6:00-6:45 Pure PSYCLE 9:15-10:05 PILATES APPARATUS 9:30-10:20 Interval FIT 10:30-11:20 PILATES APPARATUS 10:45-11:35 Strength for LIFE 11:45-12:35 GARUDA FUSION 5:15-6:05 MAT Pilates 5:15-6:05 TRX Strength&Cardio 6:00-6:50 Booty Barre 6:30-7:15 Pure PSYCLE 6:30-7:20 PILATES APPARATUS	9:15-10:05 PILATES APPARATUS 9:30-10:20 #STRONG 10:30-11:20 PILATES APPARATUS 10:45-11:45 BIKER BARRE 12:00-12:50 TOP GUNS & GUTS 5:00-5:45 fitSproutz Yoga for Kids 5:15-6:05 Piloxing 6:20-7:00 PILOXING BOOTYBUILDER 6:30-7:20 CIRCUIT on the SPOT	6:00-6:45 Pure PSYCLE 9:15-10:05 PILATES APPARATUS 9:30-10:15 Pure PSYCLE 10:45-11:35 BENCH & BELLS 12:00-12:50 BUTTS n GUTS 5:15-6:05 Raise the BARRE 5:15-6:05 PILATES APPARATUS 6:15-7:05 GARDUA FUSION 6:30-7:20 #STRONG	6:00-6:45 BUTTS n GUTS 9:15-10:05 Strength for LIFE 10:30-11:30 Ripped Ride 11:30-12:20 BETTER BACKS & HIPS 12:00-1:15 STRESS LESS Yoga 5:15-6:00 Pure PSYCLE	8:30-9:30 Biker GANG 9:00-10:00 Piloxing 10:30-11:30 Essentrics <i>Childminding 8:30-11:30</i>
11	12	13	14	15	16	17
8:30-9:30 Booty Barre 9:15-10:15 TRX Strength & Cardio 10:30-11:30 Ride & Roll <i>No Childminding Sundays</i>	CLOSED	6:00-6:45 Pure PSYCLE 9:15-10:05 PILATES APPARATUS 9:30-10:20 Interval FIT 10:30-11:20 PILATES APPARATUS 10:45-11:35 Strength for LIFE 11:45-12:35 GARUDA FUSION 5:15-6:05 MAT Pilates 5:15-6:05 TRX Strength&Cardio 6:00-6:50 Booty Barre 6:30-7:15 Pure PSYCLE 6:30-7:20 PILATES APPARATUS	9:15-10:05 PILATES APPARATUS 9:30-10:20 #STRONG 10:30-11:20 PILATES APPARATUS 10:45-11:45 BIKER BARRE 12:00-12:50 TOP GUNS & GUTS 5:00-5:45 fitSproutz Yoga for Kids 5:15-6:05 Piloxing 6:20-7:00 PILOXING BOOTYBUILDER 6:30-7:20 CIRCUIT on the SPOT	6:00-6:45 Pure PSYCLE 9:15-10:05 PILATES APPARATUS 9:30-10:15 Pure PSYCLE 10:45-11:35 #STRONG 12:00-12:50 BUTTS n GUTS 5:15-6:05 Raise the BARRE 5:15-6:05 PILATES APPARATUS 6:15-7:05 GARDUA FUSION 6:30-7:20 BENCH & BELLS	6:00-6:45 Booty Barre 9:15-10:05 Strength for LIFE 10:30-11:30 Ripped Ride 11:30-12:20 BETTER BACKS & HIPS 12:00-1:15 STRESS LESS Yoga 5:15-6:00 TOP GUNS & GUTS	8:30-9:30 Biker GANG 9:00-10:00 Piloxing 10:30-11:30 Essentrics <i>Childminding 8:30-11:30</i>
18	19	20	21	22	23	24
8:30-9:30 Booty Barre 9:15-10:15 TRX Strength & Cardio 10:30-11:30 Ride & Roll <i>No Childminding Sundays</i>	9:15-10:05 MAT Pilates 9:30-10:20 Raise the BARRE 10:30-11:20 PILATES APPARATUS 10:45-11:00 Pure PSYCLE 12:00-12:50 BENCH & BELLS 5:15-6:05 PILATES APPARATUS 5:15-6:05 Strength for LIFE 6:15-7:15 Ripped Ride 6:30-7:20 PILATES APPARATUS 7:30-8:30 YOGA Peaceful Flow	6:00-6:45 Pure PSYCLE 9:15-10:05 PILATES APPARATUS 9:30-10:20 Interval FIT 10:30-11:20 PILATES APPARATUS 10:45-11:35 Strength for LIFE 11:45-12:35 GARUDA FUSION 5:15-6:05 MAT Pilates 5:15-6:05 TRX Strength&Cardio 6:00-6:50 Booty Barre 6:30-7:15 Pure PSYCLE 6:30-7:20 PILATES APPARATUS	9:15-10:05 PILATES APPARATUS 9:30-10:20 #STRONG 10:30-11:20 PILATES APPARATUS 10:45-11:45 BIKER BARRE 12:00-12:50 TOP GUNS & GUTS 5:00-5:45 fitSproutz Yoga for Kids 5:15-6:05 Piloxing 6:20-7:00 PILOXING BOOTYBUILDER 6:30-7:20 CIRCUIT on the SPOT	6:00-6:45 Pure PSYCLE 9:15-10:05 PILATES APPARATUS 9:30-10:15 Pure PSYCLE 10:45-11:35 BENCH & BELLS 12:00-12:50 BUTTS n GUTS 5:15-6:05 Raise the BARRE 5:15-6:05 PILATES APPARATUS 6:15-7:05 GARDUA FUSION 6:30-7:20 #STRONG	6:00-6:45 BUTTS n GUTS 9:15-10:05 Strength for LIFE 10:30-11:30 Ripped Ride 11:30-12:20 BETTER BACKS & HIPS 12:00-1:15 STRESS LESS Yoga 5:15-6:15 BIKER BARRE	8:30-9:30 Biker GANG 9:00-10:00 Piloxing 10:30-11:30 Essentrics <i>Childminding 8:30-11:30</i>
25	26	27	28	29	30	31
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* ALL CLASSES (excluding PILATES APPARATUS) ARE INCLUDED WITH PUNCH PASSES & UNLIMITED MEMBERSHIPS

 DROP IN PILATES APPARATUS CLASSES \$27+gst per class (NOT included with passes)

 DROP IN PILATES MAT & FITNESS CLASSES

 REGISTERED SESSIONS

ROOM BOOM ROOM (childminding)

MORNINGS

Monday, Wednesday, Thursday, Friday 9:00am - 1:00pm
Tuesday 9:00am - 12:00pm
Saturday 8:30am - 11:30am

EVENINGS

Mon. to Thurs. 5:00 - 8:00pm

RECEPTION HOURS

Monday to Friday mornings
9:00am - 12:30pm

Monday to Thursday evenings
4:45pm - 7:45pm

Saturday 9:00am - 12:00pm
Sunday - closed

403.341.5911

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