

FALL FITNESS CLASSES

September 27 – December 11

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 — 6:00 am		STUDIO SPIN <i>at The Studio</i>		STUDIO SPIN <i>at The Studio</i>			
6:15 — 7:00 am			STUDIO SPIN <i>at The Studio</i>		STUDIO SPIN <i>at The Studio</i>		
9:30 — 10:15 am	GENTLE YOGA* <i>at Athabasca Studio</i>		HIPS & HAMMIES YOGA* <i>at Athabasca Studio</i>	STUDIO SPIN <i>at The Studio</i>		YOGA FLOW* <i>at The Studio</i>	
10:45 — 11:30 am						HPTC HIIT <i>at HPTC</i>	
5:30 — 6:15 pm	ARMS, BOOTY & CORE FITNESS <i>at The Studio</i>	HPTC FLEX* <i>at HPTC</i>	STUDIO SPIN <i>at The Studio</i>	HPTC FLEX* <i>at HPTC</i>			
6:30 — 7:15 pm	STUDIO SPIN <i>at The Studio</i>	ZUMBA <i>at The Studio</i>	COMBAT CONDITIONING <i>at The Studio</i>	STUDIO SPIN <i>at The Studio</i>			

FREE for MemberPLUS+

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*Classes are 1 hour in length