




Eastside

FITNESS & YOGA

Fall 2017

Yoga & Fitness Classes

Sept 9th- Dec 23rd (No Classes Oct 8th, Oct 9th, Nov 11th)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am Weight Training (Lissette)		7am Weight Training (Juan)		7am Weight Training (Darnelle)		
					8am FitCamp (Juan)	8:30am FitCamp
9:30am  (Lee)	9:30am Hatha Yoga (Ben)	9:30am Core N More (Jessi)	9:30am Hatha Yoga (Ben)	9:30am FitCamp (Jessi)	9:15am  (Lee)	9:45am Hatha Flow Yoga (Natasja)
12pm Hatha Yoga (Wendy)	11am FitCamp - Basics (Winnie)					
6pm FitCamp X (Nestor)	6pm - 45 mins FitCamp-Advanced (Lorenzo)	6pm Weight Training (Lorenzo)	6pm - 45 mins FitCamp-Advanced (Alexa)			4pm Yin Yoga (Nadine)
	7 pm Hatha Yoga (Lucy)		7:30pm -75 mins Hatha Yoga (Kate)			5:30pm  (Lee)
	8:15pm Hatha Flow Yoga (Lucy)					

Please check **ONLINE SCHEDULE** for most up to date information on class times/cancellations

www.eastsidefitness.ca