

# Eastside

FITNESS & YOGA

## SPRING 2017

### Yoga & Fitness Classes/ Open Gym

March 27th - June 18th (No Classes Fri Apr 14th, Sun Apr 16th, Sat May 20th - Mon May 22nd)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>OPEN GYM</b> 6am-9:30am		<b>OPEN GYM</b> 6am-9:30am		<b>OPEN GYM</b> 6am-9:30am		
7am <b>Weight Training</b> (Lisette))		7am <b>Weight Training</b> (Juan)		7am <b>Weight Training</b> (Darnelle)		
	<b>OPEN GYM</b> 9am-1pm		<b>OPEN GYM</b> 9am- 1pm		8am <b>FitCamp</b> (Juan)	
9:30am <b>STRONG by:</b>  (Lee)	9:30am <b>Hatha Yoga</b> (Niki)	9:30am <b>Core N More</b> (Jessi)	9:30am <b>Hatha Yoga</b> (Ben)	9:30am <b>FitCamp</b> (Jessi)	9:15am  (Lee)	9am <b>Hatha Flow</b> (Ben)
<b>OPEN GYM</b> 10:30am- 12pm		<b>OPEN GYM</b> 10:30am- 12pm		<b>OPEN GYM</b> 10:30am- 12pm		10:30am <b>FitCamp</b> (Jessi)
12pm <b>Hatha Yoga</b> (Pia)						
	6pm - 45 mins <b>Advanced FitCamp</b> (Lorenzo)				4pm - 75 mins <b>Hatha Yoga</b> (Niki)	4pm - 75 mins <b>Yin Yoga</b> (Nadine)
6pm <b>FitCamp X</b> (Juan)	7 pm <b>Hatha Yoga</b> (Lucy)	6pm <b>Weight Training</b> (Lorenzo)	6pm - 45 mins <b>Advanced FitCamp</b> (Alexa)			5:30pm  (Lee)
	8:15pm <b>Hatha Flow Yoga</b> (Lucy)		7:30pm -75 mins <b>Hatha Yoga</b> (Erica)			

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



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[www.eastsidefitness.ca](http://www.eastsidefitness.ca)