

# Eastside

FITNESS & YOGA

# Winter 2018

## Yoga & Fitness Classes

January 6th - March 18th (No Classes Feb 11th, Feb 12th )

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

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