

# WINTER 2017

## Yoga & Fitness Classes/ Open Gym

January 3rd - March 11th (No Classes Sunday Feb 12th, Monday Feb 13th)

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