




A Class for Every Body.

March Break 2018

Yoga & Fitness Classes

2 WEEKS March 18th - April 1st (No Classes Friday March 30th, Sunday April 1st)

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

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

www.eastsidefitness.ca