




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 Weight Training (Nestor) | | 7am Weight Training (Juan) | | 7am Weight Training (Darnelle) | | |
| | | | | | 8am FitCamp (Juan) | 8:30am FitCamp |
| 9:30am Mixed: STRONG and  (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 (Wendy I) |
| 12pm Hatha Yoga (Wendy S) | 11am FitCamp - Basics (Winnie) | | 11am FitCamp - Basics (Alexa) | | | |
| 5:45pm FitCamp X (Nestor) | 6pm - 45 mins FitCamp-Advanced (Lorenzo) | 6pm Weight Training (Lorenzo) | 6pm - 45 mins FitCamp-Advanced (Alexa) | | | 4pm - 75mins Yin Yoga (Kate) |
| 6:45pm FitCamp X (Nestor) | 7 pm Hatha Yoga (Lucy) | | | | | |
| | 8:15pm Hatha Flow Yoga (Lucy) | | 7:30pm - 75 mins Hatha Yoga (Kate) | | | 5:30pm  (Lee) |

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

www.eastsidefitness.ca