

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	30 Cycle/30 Tabata 60 Persis	Yoga 60 Darcia	TRX Full Body 60 Persis	Yoga 60 Pauline	Ripped Results 60 Persis		
8:15	Cycle 45 Christine	BOSU HIIT & CORE 45 Ira	Cycle 45 Del	POUND 45 Ira	Barre 45 Stefanie B.	Cycle 45 Del/Denise	Zumba 60 Stephanie H.
9:15	Body Power 60 Karen	Cycle 45 Stefanie S.	Body Power 60 Del	TRX FitCON 40 Gord	Zumba 55 Roxana	Body Power 60 Del/Denise	Pilates 60 Kate
10:30	Yoga 60 Pauline	Rope Yoga 60 Darcia	Restorative Yoga 75 Myriam	Yoga 75 Darcia	Yoga Flow 75 Melissa	Yoga Intermediate 75 Danielle/Pauline	Restorative Yoga 75 Kate
LUNCH HOUR							
12:10	TRX 40 Dawn	HIIT 40 Rhonda	Yoga 40 Dawn	HIIT 40 Rhonda	Core & More 40 Persis		
AFTERNOON & EVENING CLASSES							
4:00	Yoga 60 Kate	Core & More 30 Rhonda	Cycle Express 30 Denise	Martial Strength 30 Ira	Cycle Express 30 Rhonda		
4:30	POUND 30 Ira	Cycle 45 Rhonda	Road to Zen 60 Karen	BOSU Strong 30 Ira	Core & More 30 Rhonda		
5:00	Cycle Express 30 Ira	Yoga 60 Kate	Squash Skills 90 Tom \$\$	Cycle 45 Dani	Step – All Levels 30 Ira	Body Works Group Training 60 Gord	
5:30	Yoga 75 Darcia	Boxing 90 Graham \$\$	Body Power 60 Gord	Cycle 45 Denise	Yoga Kate 60	Yoga 60 Jamie	Boxing 90 Graham \$\$
6:00	Zumba 55 Roxana			Body Power 60 Angela	Yoga Kate 60		
6:30		Cycle 45 Rose	Flow Yoga (6:35 – 7:35) 60 Jamie	Pilates 60 Lisa	Boxing 90 Graham \$\$		
7:00				Dance Fit Fusion 60 Danielle K.	Yin Yoga (6:45 Start) 75 Kate		
7:30	Restorative Yoga 75 Myriam			Restorative Yoga (6:35 – 7:35) 75 Myriam	TRX Full Body 60 Carla		



GLOBAL
FITNESS & RACQUET CENTRE

2017 FALL SCHEDULE

STARTS SEPTEMBER 18TH, 2017

Attending classes is your vote to help keep your favourite classes on our schedule.

Classes low in numbers are not guaranteed to remain on schedule.

Please **sign up online** to reserve a spot in your favourite class. **Download our APP**

We do our best to keep you updated with instructor or schedule changes but be aware we cannot always give the advanced notice we would like.

We love to hear feedback, let us know what you think by using the comment cards at the club or email us, info@GlobalFitnessKelowna.com