

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	30 Cycle/30 Tabata 60 Persis	Yoga 60 Dawn	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 Darcia	Yoga Intermediate 75 Danielle/Pauline	Restorative Yoga 75 Kate
<b>LUNCH HOUR</b>							
12:10	TRX 40 Dawn	HIIT 40 Rhonda	Yoga 40 Dawn	HIIT 40 Rhonda			
<b>AFTERNOON &amp; EVENING CLASSES</b>							
4:00	Yoga 60 Kate		Rope Yoga 60 Darcia				
4:30	POUND 30 Ira	Cycle 45 Rhonda	Road to Zen 60 Karen	BOSU Strong 30 Ira			
	Cycle Express 30 Del		Barre 50 Denise	Cycle 45 Dani			
5:00	Cycle Express 30 Ira	Yoga 60 Kate	Squash Skills 90 Tom \$\$	Step – All Levels 30 Ira	Yoga 60 Pauline	Body Works Group Training 60 Gord	
	Tennis Skills & Drills 60 Johnny						
5:30	Yoga 75 Darcia	Body Power 60 Gord	Cycle 45 Denise	Body Power 60 Angela	Cycle 45 Carla	Yoga 60 Jamie	Boxing 90 Graham \$\$
	Boxing 90 Graham \$\$		Pilates 60 Lisa				
6:00	Zumba 55 Roxana						
6:30		Cycle 45 Rose	Dance Fit Fusion 60 Danielle K.	Restorative Yoga 75 Myriam	TRX Full Body 60 Carla		
		Flow Yoga (6:35 – 7:35) 60 Jamie	Yin Yoga (6:45 Start) 75 Kate				
7:00							
7:30	Restorative Yoga 75 Myriam						



## 2017 FALL SCHEDULE

**STARTS SEPTEMBER 18<sup>TH</sup>, 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](mailto:info@GlobalFitnessKelowna.com)