

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	Cycle/HIIT 30/30 Katrina	Yoga 60 Kate	Strong Start 60 Persis	Yoga 60 Pauline	Strong Start 60 Persis Yin Yoga 60 Kate		
8:15	TRX Full Body 45 Persis	BOSU HIIT & CORE 45 Ira	Cycle 45 Del/Angela	Upper Body & Core 45 Persis	Pound 45 Ira	Cycle 45 Brenda	Boot Camp 60 Angela/Casey
9:15	Body Power 60 Karen	Cycle 45 Stefanie S. Pilates 60 Lisa Step & Strength 30/30 Ira	Body Power 60 Del/Angela Restorative Yoga 75 Myriam	BARRE 60 Stephanie B Cycle 45 Casey	Cycle 60 Ira Total Body Row 45 (Cage) Persis TRX FitCON 40 Gord	Body Power 60 Stephanie B. Cycle 45 Kate	Pilates 60 Lisa Cycle 45 Kate
10:30	Yoga 60 Pauline BARRE 60 Jaclyn	Yoga 75 Melissa FitMom 60 Stefanie	Yoga Flow 60 Tara Zumba Toning 60 Roxanna	FitMom 60 Stefanie Yoga 75 Darcia	Zumba 55 Roxanna Yoga Flow 75 – Melissa	Strength & Conditioning Circuit GP/Cage 60 Scott Yoga Intermediate 75 Melissa	Restorative Yoga 75 Kate
LUNCH HOUR							
12:10	TRX Fusion 40 Dawn	HIIT GP –Group Fitness 40 Angelique	Yoga 40 Dawn	HIIT GP –Group Fitness 40 Angelique	TRX Fusion 40 Persis		
AFTERNOON & EVENING CLASSES							
4:00	Upper Body Sculpt 30 Del	Cycle Express 30 Kate	Rope Yoga 60 Darcia	Cycle 30 Ira	BARRE 60 Jaclyn		
4:30	POUND 30 Ira Cycle Express 30 Del	BOSU Full Body Balance 30 Angela Yoga 60 Kate	Road to Zen 30/30 Karen HIIT –GP (Cage) 30 Angelique	BOSU HIIT & Core 30 Ira Strength & Cycle 30/30 Dani	Cycle Fusion 30/30 Angela		
5:00	Cycle Express 30 Ira Elements of Fitness- GP (Group Fitness) 60 Casey Tennis Skills 60 Johnny	Abs & Butt 30 Angela Cycle Express 30 Stephanie Squash Skills 90 Tom Strength & Conditioning Circuit GP/Cage 60 Scott	Ripped 30 Angela	Step – Beginner 30 Ira Yoga 60 Pauline Strength & Conditioning Circuit GP/Cage 60 Scott	Body Works Group Training 60 GP/Cage Gord		
5:30	Yoga 75 Darcia Cycle 60 Kate Boxing \$\$ 90 Graham	Body Power 60 Stefanie B. Yoga 60 Kate Cycle Expres s 30 Angela	Pilates 60 Lisa Cycle 45 Angela Boxing \$\$ 90 Graham	Ladies Squash 5:15 PM 45 Body Power 60 Angela	Yoga 60 Jamie Boxing \$\$ 90 Graham		
6:00	Mobility and Flexibility – GP /GF 30 Casey	Ripped 30 Angela Boxing \$\$ 60 Graham	TRX 45 Casey	Strength & Cycle 30/30 30 Katrina Boxing \$\$ 60 Graham			
6:30	Zumba 55 Roxanna	Flow Yoga 6:35 – 7:35 60 Jamie	Yoga 60 Kate	Restorative Yoga 75- Myriam			
7:30	Restorative Yoga 75 Myriam						



2017 SCHEDULE

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**

Boxing Fees \$\$

Members \$10

Non members \$15

Monthly \$85

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

www.GlobalFitnessKelowna.com