

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
6:00	Strong Start 60 Persis	Yoga 60 Kate	Strong Start 60 Persis	Yoga 60 Pauline	Strong Start 60 Persis				
8:15	TRX Full Body 45 Persis	BOSU HIIT & CORE 45 Ira	Cycle 45 Del	POUND 45 Ira	Upper Body and Core 45 Persis	Cycle 45 Brenda			
9:15	Body Power 60 Karen	Cycle 45 Stefanie S. Pilates 60 Lisa	Body Power 60 Del	TRX FitCON 40 Gord	Cycle 60 Ira	Body Power 60 Del/Denise	Pilates 60 Lisa Cycle 45 Kate		
10:30	Yoga 60 Pauline	BARRE 60 Denise	Yoga 75 Melissa	Restorative Yoga 75 Myriam	Zumba Toning 60 Roxana	Yoga 75 Darcia	Yoga Flow 75 Melissa		
LUNCH HOUR									
12:10	Hardcore 40 Dawn	HIIT 40 Rhonda	Yoga 40 Dawn	HIIT 40 Rhonda	TRX 40 Persis				
AFTERNOON & EVENING CLASSES									
4:00	Upper Body Sculpt 30 Del	Cycle Express 30 Kate	Rope Yoga 60 Darcia	Cycle 30 Ira					
4:30	POUND 30 Ira	Cycle Express 30 Del	Yoga 60 Kate	Tabata 60 Rhonda	Road to Zen 30/30 Karen	HIIT 30 Rhonda	BOSU Strong 30 Ira	Strength & Cycle 30/30 Dani	
5:00	Cycle Express 30 Ira	Boot Camp 60 Casey		BARRE 60 Denise	Step – All Levels 30 Ira	Yoga 60 Pauline	Body Works Group Training 60 Gord		
5:30	Yoga 75 Darcia	Boxing 90 Graham \$\$	Body Power 60 Gord	Yoga 60 Kate	Pilates 60 Lisa	Boxing 90 Graham \$\$	Body Power 60 Angela	Yoga 60 Jamie	Boxing 90 Graham \$\$
6:00	Zumba 55 Roxana	Boxing 60 Graham \$\$	3D Core 60 Denise	Boxing 60 Graham \$\$					
6:30		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**

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