

Hard	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	HIIT Cycle 30/30 Katrina	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	Yin Yoga 60 Kate	Cycle 45 Brenda	Boot Camp/ P90X 60 Casey/Althea
9:15	Body Power 60 Karen	Cycle 45 Stefanie S.	Body Power 60 Del	TRX FitCON 40 Gord	Cycle 45 Casey	Body Power 60 Del/Denise	Pilates 60 Lisa
		Pilates 60 Lisa	Yoga Flow 60 Tara	Cycle 60 Ira	Zumba 55 Roxana	Cycle 45 Kylee	Cycle 45 Kate
10:30	Yoga 60 Pauline	Step & Strength 30/30 Ira	Restorative Yoga 75 Myriam	Body Blast 60 Rhonda	Yoga 75 Darcia	Yoga Intermediate 75 Melissa	Restorative Yoga 75 Kate
	BARRE 60 Denise	Yoga 75 Melissa	Zumba Toning 60 Roxanna		Yoga Flow 75 Melissa		

LUNCH HOUR

12:10	Hardcore 40 Dawn	HIIT 40 Angelique	Yoga 40 Dawn	HIIT 40 Angelique	TRX 40 Persis
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AFTERNOON & EVENING CLASSES

4:00	Upper Body Sculpt 30 Del	Cycle Express 30 Kate	Rope Yoga 60 Darcia	Cycle 30 Ira	Boot Camp 60 Katrina
4:30	POUND 30 Ira	BOSU Full Body Balance 30 Angela	Road to Zen 30/30 Karen	BOSU Strong 30 Ira	Cycle 60 Kylee
5:00	Cycle Express 30 Ira	Yoga 60 Kate	HIIT 30 Angelique	Strength & Cycle 30/30 Dani	Body Works Group Training 60 Gord
	Boot Camp 60 Casey	Abs & Butt 30 Angela	BARRE 60 Denise	Step - All Levels 30 Ira	
5:30	Yoga 75 Darcia	Cycle Express 30 Kylee		Try Squash Ladies Night 5:15 Court 3	Yoga 60 Pauline
	Boxing 90 Graham \$\$	Body Power 60 Gord	Pilates 60 Lisa	Body Power 60 Angela	Yoga 60 Jamie
		Yoga 60 Kate	Cycle Fusion 45 Angela		Boxing 90 Graham \$\$
6:00	Mobility and Flexibility 30 Casey	Cycle Express 30 Angela	Boxing 90 Graham \$\$	Body Power 60 Angela	
6:30	Zumba 55 Roxana	Boxing 60 Graham \$\$	3D Core 60 Denise	Cycle / Strength GF 30/30 Katrina	Boxing 60 Graham \$\$
7:30	Restorative Yoga 75 Myriam	Flow Yoga 6:35 - 7:35 60 Jamie	Yoga 60 Kate	Restorative Yoga 75 Myriam	



**2017 SCHEDULE
SPRING APRIL 3RD**

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