

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
6:00	Strong Start 60 Persis	Yoga 60 Cassie	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	TRX Full Body 45 Persis	Cycle 45 Del/Denise				
9:15	Body Power 60 Karen	Cycle 45 Stefanie S. Pilates 60 Lisa	Step & Strength 30/30 Ira	Body Power 60 Del	Yoga Flow 60 Danielle	TRX FitCON 40 Gord	Cycle 60 Ira	Zumba 55 Roxana	Body Power 60 Del/Denise	Pilates 60 Lisa
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	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	TRX 40 Persis					
AFTERNOON & EVENING CLASSES										
4:00		Cycle 45 Stephanie	Rope Yoga 60 Darcia	Cycle Express 30 Ira						
4:30	POUND 30 Ira	Cycle Express 30 Del	Country Heat 50 Althea	Road to Zen 60 Karen	BOSU Strong 30 Ira					
5:00	Cycle Express 30 Ira	Ripped Results 60 Rhonda	Yoga 75 Kate	Cycle (5:15 Start) 45 Gord	Step – All Levels 30 Ira	Yoga 60 Pauline	Body Works Group Training 60 Gord			
5:30	Yoga 75 Darcia	Boxing 5:30-7:00 Graham \$\$\$	Body Power 60 Gord	Pilates 60 Lisa	Boxing 5:30-7:00 Graham \$\$\$	Body Power 60 Angela	Yoga 60 Jamie	Boxing 5:30-7:00 Graham \$\$\$		
6:00	Zumba 55 Roxana		BARRE 60 Denise							
6:30										
7:30	Restorative Yoga 75 Myriam									



2017 SUMMER 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