

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00	Tabata 50 Persis		TRX Full Body 50 Persis		Ripped Results 50 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		
9:15	Body Power 60 Karen	Cycle 45 Stephanie S.	Step & Strength 30/30 Ira	Body Power 60 Del	TRX FitCON 40 Gord	Cycle 60 Ira	Zumba 60 Roxana	Cycle 45 Persis
10:30			Zumba Toning 60 Roxana					
LUNCH HOUR								
12:10	TRX Full Body 40 Dawn	HIIT 40 Rhonda		HIIT 40 Rhonda	Abs and Butt 40 Persis			
AFTERNOON & EVENING CLASSES								
4:00	Abs and Butt 30 Rhonda		Tabata 50 Rhonda					
4:30	Cycle Express 30 Del	Step Express 30 Ira	Tabata 50 Rhonda	Road to Zen 60 Karen	Ripped Results 50 Rhonda	Cycle 30 Gord		
5:00	Ripped Results 50 Rhonda	Cycle Express 30 Ira	Cycle 45 Angela Z.	Squash Skills and Drills 90 Tom	Barre 50 Denise	Cycle 45 Stephanie S.		
		Tennis Skills and Drills 60 Johnny						
5:30	Cycle 45 Stephanie S.	Body Power 50 Gord						
6:00	Zumba 50 Roxana		Legs, Core & Cardio 50 Denise	Cycle 45 Carla				
6:30								
7:00								
7:30								



2018 WINTER SCHEDULE

STARTS JANUARY 2, 2018

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