



JANUARY SMALL GROUP PERSONAL TRAINING

Participating In-studio has class size limit for Covid-19 regulations – reserve 24hr ahead.
24hr cancellation fee in effect because of class size limits and waitlist for classes.

604.993.1888

TIME	CLASS	LOCATION
MONDAY		
9:30AM	Upper Body Blast	ZOOM/STUDIO
5:30PM	Upper Body Blast	ZOOM/STUDIO
TUESDAY		
6:00AM	Upper Body Blast	ZOOM/STUDIO
5:30PM	Whole Body Strength	ZOOM/STUDIO
WEDNESDAY		
8:30AM	Whole Body Strength	ZOOM/STUDIO
9:30AM	Upper Body Blast	ZOOM/STUDIO
4:30PM	CORE	ZOOM/STUDIO
5:30PM	Lower Body Blast	ZOOM/STUDIO
THURSDAY		
6:00AM	Whole Body Strength	ZOOM/STUDIO
8:00AM	Whole Body Strength	STUDIO ONLY
9:00AM	SENIOR Fitness	ZOOM/STUDIO
5:30PM	Whole Body Strength	ZOOM/STUDIO
FRIDAY		
8:30AM	Whole Body Strength	ZOOM/STUDIO
9:30AM	Upper Body Blast	ZOOM/STUDIO
SATURDAY		
9:00AM	Whole Body Strength	ZOOM/STUDIO

Create Your Own Private Group!

Simply select a time (check for availability) with 3 or more friends and enjoy your own in-studio or zoom class. You can even invite friends/family from anywhere (in a reasonable time-zone) to join your group online! TEXT 604.993.1888