

# 2020 Group Fitness Schedule

classes updated November 20th following new provincial COVID-19 recommendations.

*UBCO spin classes are cancelled until further notice.*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Flow Yoga Josee 8:00-9:00am				Flow Yoga Josee 8:00-9:00am	Rise & Shine Yoga Bree 9:00-10:00am
					Strength Circuit Malcolm 10:35-11:15am
		Bootcamp Malcolm 1:10-2:00pm	Cardio & Core Maria 1:00-1:50pm		
			Strength Circuit Maria 2:00-2:50pm		
	Bums & Tums Joella 6:00-6:45pm				
	Sweat & Sculpt Joella 7:00-7:50pm				
Power Yoga Josee 7:00-8:00pm					