

BE FIT FOR LIFE

CLASS SCHEDULE
MAY 2 – JUNE 24, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div> Get and Keep Fit 10 – 11 a.m. <i>Elaine</i></div>	<div> Morning Bootcamp 7:15 – 8 a.m. <i>BFFL Centre</i></div>	<div> Get and Keep Fit 10 – 11 a.m. <i>Leila</i></div>	<div> Morning Bootcamp 7:15 – 8 a.m. <i>BFFL Centre</i></div>	<div> Get and Keep Fit 10 – 11 a.m. <i>Leila</i></div>
<div> Yoga with Flow 5:30 – 6:30 p.m. <i>Donna</i></div>	<div> Yoga Flow 12:05 – 12:55 p.m. <i>Kelsey</i></div>	<div> Outdoor 12:05 – 12:55 p.m. <i>Diane</i></div>	<div> Lift 12:05 – 12:55 p.m. <i>Donna</i></div>	
	<div> Lift 6 – 7 p.m. <i>Andrea</i></div>	<div> POUND 5 – 6 p.m. <i>Sheila</i></div>	<div> Yoga Flow 1:05 – 1:55 p.m. <i>Cindy</i></div>	
		<div> Yoga with Flow 5:30 – 6:30 p.m. <i>Kelsey</i></div>		
		<div> Country and Western Dance 8 – 9:30 p.m. <i>Gloria-Rose</i> <small>MAY 4 – JUNE 8</small></div>		

Schedule is subject to change. Please visit our website for further information.



LEGEND

- Christian Tabernacle
1805 9 Ave N
- Fitness studio
PE2408
- Combatives Room
PE2409
- Outdoor
Lethbridge College

- Strength and fitness
- Cycling
- Mind and body
- Dance and skate
- High intensity