BE FIT FOR LIFE

CLASS SCHEDULE

MAY 2 - JUNE 24, 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY







Get and Keep Fit 10 - 11 a.m. *Leila*





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Outdoor 12:05 - 12:55 p.m. *Diane*



Lift 12:05 - 12:55 p.m. *Donna*



Lift 6 - 7 p.m. *Andrea*



POUND 5 - 6 p.m. *Sheila*



Yoga Flow 1:05 – 1:55 p.m. *Cindy*



Yoga with Flow 5:30 - 6:30 p.m. *Kelsey*



Country and Western Dance 8 - 9:30 p.m. *Gloria-Rose*

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

FALL: September – December WINTER: January – April SPRING: May – June



LEGEND







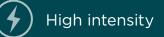














Be Fit for Life Centre: 403-382-6919 befitforlife@lethbridgecollege.ca

Class registration: 403-320-3323 lethbridgecollege.ca/bffl