


BE FIT FOR LIFE

CLASS SCHEDULE










Sept. 12 - Dec. 16, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Strength and Conditioning 12:05 - 12:55 p.m. <i>Diane</i>	 Bootcamp 6:45 - 7:30 a.m. <i>Diane</i>	 Mobility Yoga 11:05 - 11:55 p.m. <i>Julia</i>	 Bootcamp 6:45 - 7:30 a.m. <i>Diane</i>	 Cycle and Strength 12:05 - 12:55 p.m. <i>Diane</i>
 Power Yoga 5:30 - 6:30 p.m. <i>Donna</i>	 Yoga Flow 12:05 - 12:55 p.m. <i>Kelsey</i>	 Core Conditioning 12:05 - 12:55 p.m. <i>Leila</i>	 Lift 12:05 - 12:55 p.m. <i>Donna</i>	
 Zumba 5:30 - 6:30 p.m. <i>Sheila</i>	 Yoga Flow 5:30 - 6:30 p.m. <i>Kelsey</i>	 POUND 5 - 6 p.m. <i>Sheila</i>	 Pickleball 12:05 - 12:55 p.m. <i>Gym A, PE1403</i>	
 Lift 6 - 7 p.m. <i>Andrea</i>		 Power Yoga 5:30 - 6:30 p.m. <i>Donna</i>	 Yoga Flow 1:05 - 1:55 p.m. <i>Donna</i>	
		 Country and Western Dance 7 - 8:30 p.m. <i>Sept. 14 - Oct. 19 or Oct. 26 - Nov. 30</i>	 Pilates 5 - 6 p.m. <i>Donna</i>	
		 Line Dancing 8:30 - 9:30 p.m. <i>Sept. 14 - Oct. 19 or Oct. 26 - Nov. 30</i>	 Yoga Flow 5:30 - 6:30 p.m. <i>Kelsey</i>	
			 Lift 6 - 7 p.m. <i>Donna</i>	
			 Beginner Yoga 7 - 8 p.m. <i>Donna</i>	

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



LEGEND

-  Noon classes
PE2408
-  Fitness studio
PE2408
-  Combatives Room
PE2409
-  Gym A
PE1403
-  Strength and fitness
-  Cycling
-  Mind and body
-  Dance
-  Sports



FOR MORE INFORMATION AND REGISTRATION
 DETAILS, SCAN THE QR CODE OR VISIT
lethbridgecollege.ca/bffl

Be Fit for Life Centre: 403-382-6919
 Class registration: 403-320-3323
befitforlife@lethbridgecollege.ca

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

BE READY.