

Yoga and Fitness Circuit Class Timetable

Please note the schedule runs on a 6 week interval program. This is the timetable for each class while the 6 week program is in session.

Ask now if a program is opening up soon!

www.glenmoremartialarts.com 250-868-8690

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------|--------------------------|-----------|----------|----------------------------------|
| | Yoga | | | |
| | Baby & Me 9am-10am | | | |
| | Boomers 45+ 10am-11am | | | |
| | Pre-Natal 11am-12pm | | | |
| | All Levels 12pm-1pm | | | |
| | | | | Fitness Circuit 12:30pm - 1pm |
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Strengthen. Condition. Energize.