



# Class Schedule Sept 16 – Dec 20

Monday	Tuesday	Wednesday	Thursday	Friday
	6:30 – 7:15 <b>360 Body</b> Caron		6:30 – 7:15 <b>Super Circuit</b> Tara	
11:30 – 12:15 <b>Total Body Conditioning</b> Nicole	11:30 – 12:15 <b>Vinyasa Flow Yoga</b> Lindsey <small>Please bring your own mat</small>	11:30 – 12:15 <b>Zumba</b> Catherine	11:20 – 12:05 <b>Gentle Yoga Flow</b> AJ <small>Please bring your own mat</small>	11:45 – 12:30 <b>360 Body</b> Shahinda
12:25 – 12:55 <b>EXPRESS Cycle</b> Nicole		12:30 – 1:15 <b>Barre</b> Stacy	<b>FREE</b> 12:05 – 12:50 Virtual Cycle	<b>FREE</b> 12:05 – 12:40 <b>Cycle &amp; Core</b> Shelly
	12:40 – 1:30 <b>Kickboxing</b> Bryan <small>*Register ONLY no drop ins*</small>	12:40 – 1:25 <b>Cycle &amp; Sculpt</b> Christine	12:30 – 1:20 <b>Kickboxing</b> Bryan <small>*Register ONLY no drop ins*</small>	
1:00 – 1:45 <b>Mobility Fusion</b> Victor <small>limited spots sign up early</small>		1:30 – 2:15 <b>Tread &amp; Shred</b> Stacy <small>limited spots sign up early</small>		
	4:45 – 5:30 <b>Barre</b> Jeanne		4:30 – 5:15 <b>BootCamp</b> Victor	

- **Class Registration begins September 3**; see [Class Descriptions](#) for more details and pricing
- There will be **no classes** Monday, October 14 & Monday, November 11
- Please be courteous and **arrive on time** for classes
- All classes are self-paced, which means that you determine the intensity best for you – all levels are welcome
- This schedule is subject to change
- Drop-ins will be available throughout the session for all classes except Kickboxing

Please contact Tara Luterbach for assistance or feedback, [tluterbach@towerfitnessatthecore.ca](mailto:tluterbach@towerfitnessatthecore.ca) / 403.441.4962

