

Monday, Wednesday, Friday 7am – 4pm
 Tuesday, Thursday 7 am – 6 pm



APRIL LAND CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Power Play BC-Belinda 8a-8:45a SS Enerchi-Belinda 9a-9:45a Chair Yoga-Lyn 10:30a-11:15a DrumStix-Dianna 11:30a-12p	2 Yoga-Lyn 9:30a-10:30a SS Classic-Sunny_11:45a- 12:30p	3 Zumba Gold –Janel 8:45a-9:30a SS Classic – Nena 10:30a-11:15a
6 Firm Body Mat-9a-9:45a Belinda Zumba Chair – 10a -10:45a Janel Mind over Muscle BC 11a – 11:30 Sunny	7 Yoga-Lyn 9:30a-10:30a SS Classic-Sunny 11:45a-12:30p	8 Power Play BC-Belinda 8a-8:45a SS Enerchi-Belinda 9a-9:45a Chair Yoga-Lyn 10:30a-11:15a DrumStix-Dianna 11:30a-12p	9 Yoga-Lyn 9:30a-10:30a SS Classic-Sunny_11:45a-12:30p	10 Zumba Gold –Janel 8:45a-9:30a SS Classic 10:30a-11:15 MAXINE
13 Firm Body Mat-9a-9:45a Belinda Zumba Chair – 10a -10:45a Janel Mind over Muscle BC 11a – 11:30 Sunny	14 Yoga-Lyn 9:30a-10:30a SS Classic-Sunny_11:45a-12:30p	15 Power Play BC-Belinda 8a-8:45a SS Enerchi-Belinda 9a-9:45a Chair Yoga-Lyn 10:30a-11:15a DrumStix-Dianna 11:30a-12p	16 Yoga-Lyn 9:30a-10:30a SS Classic-Sunny_11:45a-12:30p	17 Zumba Gold –Janel 8:45a-9:30a SS Classic – Nena 10:30a-11:15a
20 Firm Body Mat-9a-9:45a Belinda Zumba Chair – 10a -10:45a Janel Mind over Muscle BC 11a – 11:30 Sunny	21 Yoga-Lyn 9:30a-10:30a SS Classic-Sunny_11:45a-12:30p	22 Power Play BC-Belinda 8a-8:45a SS Enerchi-Belinda 9a-9:45a Chair Yoga-Lyn 10:30a-11:15a OUT DrumStix-Dianna 11:30a-12p	23 Yoga-Lyn 9:30a-10:30a OUT SS Classic-Sunny_11:45a-12:30p	24 Zumba Gold –Janel 8:45a-9:30a SS Classic – Nena 10:30a-11:15a
27 Firm Body Mat-9a-9:45a Belinda Zumba Chair – 10a -10:45a Janel Mind over Muscle BC 11a – 11:30 Sunny	28 Yoga-Lyn 9:30a-10:30a SS Classic-Sunny_11:45a-12:30p	29 Power Play BC-Belinda 8a-8:45a SS Enerchi-Belinda 9a-9:45a Chair Yoga-Lyn 10:30a-11:15a DrumStix-Dianna 11:30a-12p	30 Yoga-Lyn 9:30a-10:30a SS Classic-Sunny_11:45a-12:30p	

**CLASSES SUBJECT TO CHANGE DAILY*