

WINTER 2024 COURSE SCHEDULE - starting March 3rd

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 am - 10 am HYBRID Training Course 8 Weeks Sandy		9 am - 10 am Kickboxing Course 6 Weeks Sandy		9 am - 10 am Kickboxing Course 6 Weeks Sandy		
		5:30 pm - 6:30 pm Kickboxing Course 6 Weeks Sandy		5:30 pm - 6:30 pm Kickboxing Course 6 Weeks Sandy		

All courses take place at: SO FITNESS 348 Guelph St - Unit 14, Georgetown, ON, L7G 4B5