



APRIL SMALL GROUP PERSONAL TRAINING

All classes available online and in-studio. *Participating In-studio still has class size limit for Covid-19 regulations – please reserve 24hr ahead.

24hr cancellation fee of \$10 in effect because of class size limits and waitlist for classes.

604.993.1888

TIME	CLASS	LOCATION
MONDAY		
9:30AM	Upper Body Blast	ZOOM/STUDIO
5:00PM	30 Min Cardio	ZOOM/STUDIO
5:30PM	Upper Body Blast	ZOOM/STUDIO
TUESDAY		
6:00AM	Upper Body Blast	ZOOM/STUDIO
7:30AM	Whole Body Strength	STUDIO
8:30AM	30 Min Cardio	ZOOM/STUDIO
9:00AM	Whole Body – Low Impact	ZOOM/STUDIO
5:00PM	30 Min Cardio	ZOOM/STUDIO
5:30PM	Whole Body Strength	ZOOM/STUDIO
WEDNESDAY		
8:30AM	Whole Body Strength	ZOOM/STUDIO
9:30AM	Upper Body Blast	ZOOM/STUDIO
4:30PM	CORE	ZOOM/STUDIO
5:30PM	Lower Body Blast	ZOOM/STUDIO
THURSDAY		
6:00AM	Whole Body Strength	ZOOM/STUDIO
8:00AM	Whole Body Strength	STUDIO
9:00AM	Whole Body – Low Impact	ZOOM/STUDIO
10:00AM	30 Min Cardio	ZOOM/STUDIO
5:00PM	30 Min Cardio	ZOOM/STUDIO
5:30PM	Whole Body Strength	ZOOM/STUDIO
FRIDAY		
8:30AM	Whole Body Strength	ZOOM/STUDIO
9:30AM	Upper Body Blast	ZOOM/STUDIO
5:00PM	30 Min Cardio – Happy Hour!	ZOOM/STUDIO
SATURDAY		



OASISTRAINING

8:30AM

30 Min Cardio

ZOOM/STUDIO

9:00AM

Whole Body Strength

ZOOM/STUDIO

10:00AM

30 Min Cardio

ZOOM/STUDIO

Create Your Own Private Group!

Simply select a time (check for availability) with 3 or more friends and enjoy your own in-studio or zoom class. You can even invite friends/family from anywhere (in a reasonable time-zone) to join your group online! TEXT 604.993.1888