



OCTOBER SMALL GROUP PERSONAL TRAINING

In-studio has class size limit for Covid-19 regulations – reserve 24hr ahead.
Also 24hr cancellation in effect.

604.993.1888

TIME	CLASS	LOCATION
MONDAY		
9:30AM	Upper Body Blast	ZOOM/STUDIO
11:30AM	Move Well – Heather Text 604.362.8747	ZOOM ONLY
4:30PM	SPIN 45	STUDIO
5:30PM	Upper Body Blast	ZOOM/STUDIO
7:00PM	Lily's Kettlebell Class! NEW! Text 604.710.3196	STUDIO
TUESDAY		
6:00AM	Upper Body Blast	ZOOM/STUDIO
5:30PM	Strength Circuit	ZOOM/STUDIO
WEDNESDAY		
8:30AM	Whole Body	ZOOM/STUDIO
9:30AM	Upper Body Blast	ZOOM/STUDIO
11:30AM	Move Well – Heather Text 604.362.8747	ZOOM ONLY
4:30PM	CORE	ZOOM/STUDIO
5:30PM	Lower Body Blast	ZOOM/STUDIO
THURSDAY		
6:00AM	Whole Body	ZOOM/STUDIO
8:00AM	SPIN45	STUDIO
9:00AM	SENIOR Fitness	ZOOM
7:00PM	Lily's Kettlebell Class! NEW! Text 604.710.3196	STUDIO
FRIDAY		
8:30AM	Whole Body	ZOOM/STUDIO
9:30AM	Upper Body Blast	ZOOM/STUDIO
11:30AM	Move Well – Heather Text 604.362.8747	ZOOM ONLY
SATURDAY		
9:00AM	Strength Circuit	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!