

JULY FITNESS SCHEDULE

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DOWNLOAD OUR APP from the Apple APP or Google Play Stores (find links on Fitness Brigade website).

All spots in classes must be booked through our Fitness Brigade App or using links on the Fitness Brigade Website!

When classes are full, waitlists will be activated and you will be informed if someone cancels and a spot opens up.

- For any inquiries please email info@fitnessbrigade.ca

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