

Spin Class Schedule							
Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 AM		45 Minutes		45 Minutes			
7:15 AM		30 Minutes		30 Minutes	45 Minutes	45 Minutes	
9:30 AM		30 Minutes	45 Minutes	30 Minutes			
10:45 AM						30 Minutes	
4:00 PM	45 Minutes		45 Minutes		45 Minutes		
5:15 PM	30 Minutes		30 Minutes		30 Minutes		

* Arrive 5 minutes prior to class start. * Times subject to change without notice.

PLEASE TEXT YOUR NAME & CLASS YOU WANT TO ATTEND PRIOR TO COMING AS SPACE IS LIMITED

604-854-0058

Fee: \$10 any class

(GST Included) **\$120.00**/mo. unlimited - payable in full on day one of your choice

Cash, Chq, CC or EFT accepted

