

Winter 2020 Schedule

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
7:30	Class with Betty	8:00		7:30		7:30		7:30			
8:30	Class with Betty	9:00		8:30		9:00		8:30	Class with Betty	9:00	
9:30	Class with Janet	10:15		9:30	Class with Janet	10:15		10:00	Class with Betty	10:00	
10:30	Led Class with Janet – Gentle Pilates	11:15		10:30		11:15		11:00	Class with Betty		
11:30		12:00		11:30	Class with Janet	12:00		12:00			
12:00	Class with Trish	1:00		1:00		1:00		1:00			
1:00	Class with Betty	2:00		2:00	Class with Betty	2:00		2:00			
2:00	Class with Betty	3:00		3:00	Led Class with Betty - Intermediate	3:00		3:00			
3:00	Class with Betty	4:00		4:00		4:00	Class with Judy	4:00			
5:00	Yoga with Judy*	5:00	Class with Monique	5:00	Yoga with Judy*	5:00	Class with Judy	5:00			
6:15		6:00	Led Class with Monique	6:15		6:15		6:00			

Schedule is in effect from January through March, 2020.

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*Please contact Judy directly at 778-214-4617 to register for yoga classes.