

# The Body Shop

Effective November 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
6:15am		 Craig		 Craig	
12:00pm Express	 Sara	 Sara	 Jane	 Sara	 Jane
1:00pm Express			 Kinesis Craig		
4:30pm	 Sara				
5:30pm				 Jane	

\*\*\$10 drop in classes\*\*

	Saturday	Sunday
9:30am	 Sara	
Group Training Avail.	Please inquire	

**\*2 participant minimum for classes to be held.**