















Effective October 2017

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

\$10 drop in classes

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

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