

Gym Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		6:00-7:00am Quarters Class			8:00-9:00am Timed Interval Training	
12:00-1:00pm Timed Interval Training	9:00-12:00pm Personal Training	9:00-12:00pm Personal Training	9:00-12:00pm Personal Training	9:00-12:00pm Personal Training	9:00-10:00am Quarters Class	
1:00-2:00pm 3:30-4:30pm Personal Training	1:00-2:00pm 3:30-4:30pm Personal Training	1:00-2:00pm 3:30-4:30pm Personal Training	1:00-2:00pm 3:30-4:30pm Personal Training	1:00-2:00pm 3:30-4:30pm Personal Training	10:00-11:00am Timed Interval Training	
4:30-5:45pm Open Gym Time		4:30-6:15pm Open Gym Time	4:45-5:45pm Dance Fitness (18yrs & under)	4:30-8:30pm Open Gym Time		
6:00-7:00pm Timed Interval Training		6:30-7:15pm Dance Fitness (18yrs & under)	6:00-7:00pm Timed Interval Training			
7:15-8:15pm Kettlebell Level 1 Tech		7:30-8:30pm Quarters Class	7:15-8:15pm Kettlebell Level 2 Tech			
8:30-9:30pm Kettlebell Tabata		8:45-9:15pm Kettlebell Total Body Burn Out	8:30-9:30pm Kettlebell Builder			
Drop In	Reg Req'd	P/T Reg Req'd	Closed	shelly@evolvefitness.ca		

C.O.R.E.

evolve