

Gym Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		6:00-7:00am Quarters Class (For All Fitness Levels)			8:00-9:00am Timed Interval Training (For All Fitness Levels)	
9:15-10:15am Timed Interval Training (For All Fitness Levels)	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 (For All Fitness Levels)	
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		
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 (For All Fitness Levels)		6:30-7:15pm Dance Fitness (18yrs & under)	6:30-7:00pm Timed Interval Training (For All Fitness Levels)			
7:15-8:15pm Kettlebell Level 1 Tech (For All Fitness Levels)		7:30-8:30pm Quarters Class (For All Fitness Levels)	7:15-8:15pm Kettlebell Level 2 Tech			
8:30-9:30pm Kettlebell Tabata		8:45-9:15pm Resistance Training (For All Fitness Levels)	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