

Personally Fit August Class Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				PFIT 6:00am		
						BOOTCAMP 8:00am
	BOOTCAMP 8:30am		HIIT 8:30am		BOOTCAMP 8:30am	
		BOOTCAMP 10:00am		BOOTCAMP 10:00am		
		Dryland Hockey Camp Ages: 6+ 1:00-4:00pm (Aug 11,18, 25)		Gymnastics Camp Ages: 6+ 1:00-4:00pm (Aug 13,20, 27)		
			BOOTCAMP 5:15pm			
			YOGA 6:30pm			
	PFIT 7:30pm			HIIT 7:30pm		

Please Note: Boot Camp classes are 60 minutes; all other classes and programming are 45 minutes in length.

All classes are COLOUR COORDINATED: **ONLINE CLASSES** — **AT THE GYM** — **KIDS PROGRAMMING**