

MULTIPLEX FITNESS CENTRE

SEPTEMBER CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 REGULAR HOURS START	2
3	4 CLOSED CIVIC HOLIDAY Open to 24 hr members	5 10:15am Yoga	6 6:40pm Yoga	7	8	9
10	11	12 10:15am Yoga	13 6:40pm Yoga	14	15	16
17	18	19 10:15 Yoga	20 6:40 Yoga	21	22	23
24	25	26 10:15am Yoga	27 6:40pm Yoga	28	29	30

It is \$10 to drop in to any class or purchase 10 classes for \$84. We strongly encourage pre-registration at least 24 hours in advance.
Spin is limited to 7 participants so pre-register early!