

# MULTIPLEX FITNESS CENTRE (FEBRUARY)

		<b>Fitness Membership</b>  <b>Includes</b>  <b>Drop In</b>  <b>Gym</b>		1 6:00pm Boot Camp	2	3 6:45pm Yin Yoga
4	5	6 10:15am Mindful Yoga 6:00pm Boot Camp	7 6:40pm Organic Flow Yoga	8 6:00pm Boot Camp	9	10
11	12	13 10:15am Mindful Yoga 6:00pm Boot Camp	14 6:40pm Organic Flow Yoga	15 6:00pm Boot Camp	16	17
18	19 CLOSED FOR FAMILY DAY	20 10:15am Mindful Yoga 6:00pm Boot Camp	21 6:40pm Organic Flow Yoga	22 6:00pm Boot Camp	23	24
25 6:45pm Yin Yoga	26	27 10:15am Mindful Yoga 6:00pm Boot Camp	28 6:40pm Organic Flow Yoga			