



natural high.ca

Christmas and New Years Drop-in Fitness Schedule

Monday Dec 21

6-7am—Spin

6:15-7:05pm—Booty Camp Beginner

7:10-8pm—Booty Camp Advanced

7-8pm—Spin

Tuesday Dec 22

6-6:45am—Abs Butts and Core

5:30-6:30pm—Spin

6:30-7:20pm—Swiss Ball Circuit

Wednesday Dec 23

9-10am—Spin

7:40-8:40pm—Spin

Dec 24-27—No Drop-in Classes

Monday Dec 28

7-8pm—Spin

Tuesday Dec 29

6-6:45am—Abs Butts and Core

5:30-6:30pm—Spin

6:30-7:20pm—Swiss Ball Circuit

Wednesday Dec 30

7:40-8:40pm—Spin

Dec 31-Jan 1—No Drop-in Classes

Saturday Jan 2

9:15-10:15am—Spin

