

# 2024 Group Exercise Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spin-Sanity with Heather 12:05- 12:50	Yoga with Jeff 12:05- 12:50	Jill's Circuit Interval Bootcamp 12:05-12:50	Yoga with Jeff 12:05- 12:50	



If you have questions or feedback, please contact [fitness@spfitness.ca](mailto:fitness@spfitness.ca) 403-253-8677 Ext 108