

Studio Room Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Stretch Zone	Yoga for Every Body	Stretch Zone	Yoga for Every Body	Stretch Zone
11:30 - 1:30	12:05 - 12:50	11:30 – 1:30	12:05- 12:50	11:30 – 1:30



If you have questions or feedback, please contact fitness@spfitness.ca 403-253-8677 Ext 108