

BodyNetix Class Schedule

	SUN	MON	TUES	WED	THURS	FRI	SAT
6:00 AM		Fitcamp	Fitcamp	Fitcamp	Fitcamp	Fitcamp	
7:00 AM			Fitcamp		Fitcamp		
8:00 AM						Yoga	
9:00 AM		Fitcamp		Fitcamp		Fitcamp	
10:00 AM	Core Cardio HIIT	Fitcamp	Fitcamp	Fitcamp	Fitcamp	Fitcamp	Fitcamp
11:00 AM		Fitcamp	10:45 - 11:30 Yummy Mummy*	Fitcamp	10:45 - 11:30 Yummy Mummy*	Fitcamp	
NOON		12:10 - 12:50 Fitcamp	12:10 - 12:50 Fitcamp	12:10 - 12:50 Fitcamp	12:10 - 12:50 Fitcamp	12:10 - 12:50 Fitcamp	
4:00 PM		Fitcamp		Fitcamp			
5:00 PM		Fitcamp		Fitcamp		Fitcamp	
6:00 PM		Total Strength	Fitcamp	Total Strength	Fitcamp		
7:00 PM			Total Strength	Yoga	Total Strength		

*Registered program. Please call 250-871-2400 or email admin@bodynetix.ca.

To stay up to date on schedule changes and all things BodyNetix, follow us on Facebook at facebook.com/bodynetix.

Reserve your spot in class at bodynetix.ca or call 250-871-2400.

