

# Group Class Schedule

Updated January 2023



| Sunday                   | Monday                       | Tuesday                                      | Wednesday                    | Thursday                                     | Friday                                  | Saturday            |
|--------------------------|------------------------------|--|------------------------------|--|---|---------------------|
| 9:30 AM<br>Core Strength | 6:00 AM<br>Fit Camp          | 6:00 AM<br>Fit Camp                          | 6:00 AM<br>Fit Camp          | 6:00 AM<br>Fit Camp                          | 6:00 AM<br>Fit Camp                     | 9:30 AM<br>Fit Camp |
|                          |                              | 7:15 AM<br>Fit Camp                          |                              | 7:15 AM<br>Fit Camp                          |   |                     |
|                          | 9:00 AM<br>Fit Camp          | 9:30 AM<br>Fit Camp                          | 9:00 AM<br>Fit Camp          | 9:30 AM<br>Fit Camp                          | 9:00 AM<br>Fit Camp                     |                     |
|                          | 10:15 AM<br>Fit Camp         |  | 10:15 AM<br>Fit Camp         |  | 10:15 AM<br>Fit Camp                    |                     |
|                          | 12:10 PM<br>Noon Hr Fit Camp | 12:10 PM<br>Noon Hr Fit Camp                 | 12:10 PM<br>Noon Hr Fit Camp | 12:10 PM<br>Noon Hr Fit Camp                 | 12:10 PM<br>Noon Hr Fit Camp            |                     |
|                          |                              | 4:00 PM<br>Women's Strength<br>Fundamentals* |                              | 4:00 PM<br>Women's Strength<br>Fundamentals* |   |                     |
|                          | 5:00 PM<br>Fit Camp          | 5:15 PM<br>Fit Camp                          | 5:00 PM<br>Fit Camp          | 5:15 PM<br>Fit Camp                          | 5:00 PM<br>Kickboxing &<br>Conditioning |                     |
|                          | 6:15 PM<br>Total Strength    | 6:30 PM<br>Total Strength                    | 6:15 PM<br>Total Strength    | 6:30 PM<br>Total Strength                    |   |                     |

To stay up to date on schedule changes and all things BodyNetix, follow us on Facebook at [facebook.com/bodynetix](https://facebook.com/bodynetix). Reserve your spot in class via MindBody Online, by calling 250-871-2400 or by sending us an email at [admin@bodynetix.ca](mailto:admin@bodynetix.ca). \*Women's Strength Fundamentals is available by registration only. To sign up or check availability, send us an email at [admin@bodynetix.ca](mailto:admin@bodynetix.ca).