

# CP GROUP EXERCISE SCHEDULE - FALL



Monday	Tuesday	Wednesday	Thursday	Friday
<b>BODY BLAST 45</b> 11:45- 12:30 Marie	<b>BARRE 40</b> 11:45- 12:25 Trudy	<b>WELL BUILT 40</b> 11:45- 12:25 Paul	<b>LOWER BODY &amp; CORE 45</b> 11:45- 12:30 Kirsten	<b>YOGA 60</b> 12:00- 1:00 <i>**Please bring your own mat</i> Trudy
	<b>WELL BUILT 30</b> 12:35- 1:05 Shona	<b>CORE 30</b> 12:35- 1:05 Paul		

Class sign-up occurs 15 minutes prior to class start time at main fitness desk.  
 This is a dynamic schedule and will change with member needs.  
 Classes may not run with 3 or less participants.

\*Class instructor may vary due to injury/illness.