



2020 Schedule

January 6 - Feb 28
8 weeks
no classes Feb 17

March 2 - April 24
8 weeks
no classes Apr 10

April 27 - June 19
8 weeks
no classes May 18

MON	TUE	WED	THU	FRI
6:00 - 6:30 am Weight Lift & Cardio Blast		6:00 - 6:30 am Cardio & Strength Circuit Training		6:00 - 6:30 am HIIT Max Burn
8:30 - 9:00 am Full Body Blast	8:30 - 9:00 am Cardio & Strength Circuit Training	8:30 - 9:00 am Total Core	8:30 - 9:00 am Weight Lift & Cardio Blast	8:30 - 9:00 am HIIT Max Burn
	9:15 - 9:45 am Circuit Training Bring Your Kids!			
11:45 - 12:15 Strength Training <i>Not Incl in Unlimited \$20 Extra*</i>				
	3:30 - 4:00 pm Cardio & Strength Circuit Training		3:30 - 4:00 pm Weight Lift & Cardio Blast	
5:00 - 5:30 pm Barre Power Sculpt	6:00 - 6:45 pm Weight Lifting		6:00 - 6:45 pm Weight / Core & Cardio Blast	

Prices:	Pay by Feb 14th:
1 x 30 min Class.....	\$64.00 63.84
2 x 30 min Classes	\$126.00 113.40
3 x 30 min Classes	\$176.40 158.76
1 x 45 min Classes	\$84.00 79.80

Prices:	Pay by Feb 14th:
1 x 45m + 1 x 30m	\$142.80 131.38
1 x 45m + 2 x 30m	\$176.40 158.76
2 x 45 min Classes	\$176.40 158.76
Unlimited!	\$199.50 179.55

prices include GST

***Monday 11:45 Strength Training is not included with Unlimited price (add \$20)**

780-499-9644 | info@thefitstudio.ca | www.thefitstudio.ca