



# January 2019 Classes

All classes 1 hr *unless specified otherwise*

	Monday	Tuesday	Wednesday	Thursday	Friday
5:45 AM	SPIN		SPIN		SPIN
6:00 AM		TRX Plus		TRX Plus	
8:30 AM	SPIN PLUS				
9:00 AM		SPIN	SPIN PLUS	SPIN	TRX
10:15 AM 45 MIN			STRETCH		

**Fitness Classes resume on January 7, 2019.**

**Reserve**

**48 hrs**

before your class

Check our site [www.jimsgym.ca](http://www.jimsgym.ca)

and our Facebook page for updates.

**PLATINUM package for our members = unlimited Classes / calendar month for \$40**