



# July 2017 Classes

All classes 1 hr *unless specified otherwise*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM	SPIN		SPIN		SPIN	
6:00 AM		TRX		TRX		
8:00 AM		SPIN 60		SPIN 60		
9:30 AM				20/20/20		
				<p><b>Reserve</b>            before your class             Check our site <a href="http://www.jimsgym.ca">www.jimsgym.ca</a>            and our Facebook page for updates.</p>		

**PLATINUM package for our members = unlimited Classes / calendar month for \$35**  
**NON-MEMBERS PLATINUM = unlimited classes / calendar month for \$75.00**