


All classes 1 hr *unless specified otherwise*

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------|----------|---------|-----------|--|--------|----------|
| 5:45 AM | SPIN | | SPIN | | SPIN | |
| 6:00 AM | | TRX | | TRX | | |
| 9:30 AM | TRX PLUS | SPIN 60 | SPIN PLUS | 20/20/20 | TRX | |
| 10:45 AM (45 min) | | STRETCH | | | | |
| 6:30 PM | | | | <p>Reserve  72 hrs before your class Check our site www.jimsgym.ca 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