



FYW JUNE – AUGUST 2021 INDOOR & “Virtual Schedule



In Effect COVID19 TEMPORARY RESTRICTION ON INDOOR Low Impact Small FITNESS CLASSES

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30/ 5:45 am	5:45am INDOOR/VIRTUAL Interval Rebound N RIP (Combo) (60 mins)	5:45am INDOOR/VIRTUAL Pilates (Ball) (60 mins)	5:45am INDOOR/VIRTUAL RIP (Barbell Strength) (60 mins)	5:45am INDOOR/VIRTUAL Rebound (Cardio) (45 mins)	5:45am INDOOR/VIRTUAL Box + Interval RIP Band N Core (Combo) (60 mins)		R E S T D A Y
9:00/ 9:15 am	9:00am INDOOR/VIRTUAL Yoga Flow (Cardio) (60 mins)	9:00am INDOOR/VIRTUAL Interval RIP N Core (60 mins)	9:00am INDOOR/VIRTUAL Rebound (Cardio) (45 mins)	9:00am INDOOR/VIRTUAL Interval Rebound N RIP (Combo) 60 mins		9:00am INDOOR/VIRTUAL On The Rebound (45 mins)	
10:00/ 10:15 am (GF=Gentle Fit)	10:15am INDOOR/VIRTUAL ZUMBA® Gold (GF) (45mins)	10:15am INDOOR/VIRTUAL Yogalates (Gentle Fit) (45mins)	10:15am INDOOR/VIRTUAL Kickboxing Conditioning (GF)	10:15am INDOOR/VIRTUAL Strength Training (GF) (45mins)	10:15am INDOOR/VIRTUAL Pilates Ball (all levels)	10:00am INDOOR/VIRTUAL RIP-Barbell Strength (60 mins)	
With Covid19 Restrictions offering INDOOR/VIRTUAL Classes							
4:45/ 5:00 / 5:15 pm	4:45pm INDOOR/VIRTUAL Interval DANCE FIT® (60 mins)	5:15pm INDOOR/VIRTUAL Rebound + RIP N Core (75mins)	5:00pm INDOOR/VIRTUAL RIP (Barbell Strength) (60 mins)	4:45pm INDOOR/VIRTUAL Interval DANCE FIT® (60 mins)	5:00pm INDOOR/VIRTUAL RIP N Core (Combo) (60mins)		
6:00 pm	6:00pm INDOOR/VIRTUAL ZUMBA Fitness (45 mins)		6:15PM INDOOR/VIRTUAL Zumba Fitness (45 mins)	6:00PM INDOOR/VIRTUAL Interval Rebound N RIP (Combo) (60mins)			

Please remember to ALWAYS sign in online for both In Person or classes at www.fityourway.ca or call 778-677-3749

Your First Class Is Always FREE