



Effective January 5, 2009 to March 29, 2009

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	6:15 - 7:00 Rev 2	6:45 - 7:30 Strength	6:15 - 7:15 Cycle Intervals		6:15 - 7:00 Rev 2		
	6:45 - 7:30 Circuit Training			6:45 - 7:30 Strength			
7:00AM		7:00 - 7:45 Rev 2		7:30 - 8:30 Pilates I			
8:00AM					8:40 - 9:00 Wave 1		
9:00 AM	9:00 - 10:00 Pilates II	9:00 - 10:00 Beginner Yoga	9:00 - 10:30 Power Pilates	9:00 - 10:00 Yoga Fever	9:00 - 10:30 Power Pilates	9:00 - 10:00 Cardio Sculpt	9:00 - 10:00 Strength
	9:15 - 10:00 Step 1	9:15 - 10:00 Rev 2	9:15 - 10:00 Circuit Training	9:30 - 9:50 Wave 1	9:15 - 10:00 Strength	9:00 - 10:00 Rev 3	9:00 - 9:45 Rev 2
	9:15 - 10:00 Rev 1				9:15 - 10:00 Rev 2		9:00 - 10:00 Intermediate Yoga
10:00 AM	10:00 - 10:45 Intro to Strength	10:00 - 10:45 Strength			10:00 - 10:30 Core Condition	10:10 - 10:40 Core Condition	10:00 - 10:45 Intro to Cycle
	10:30 - 11:30 Pilates I		10:30 - 11:30 Intro to Pilates		10:30 - 11:30 Pilates I	10:15 - 11:00 Rev 2	10:00 - 10:45 Wave Circuit
						10:45 - 11:30 Strength	10:00 - 11:00 Pilates I
11:00 AM						11:30 - 12:30 Zumba	11:00 - 11:30 Just Legs
12:00 PM	12:10 - 1:00 Rev 2	12:15 - 12:45 Wave 2	12:10 - 1:00 Rev 2	12:15 - 12:45 Wave 2	12:10 - 1:00 Cycle Intervals	1:00 - 2:00 Yoga Fever	
	12:15 - 12:55 Strength	12:15 - 12:55 Just Legs	12:15 - 12:55 Core Condition	12:15 - 12:55 Zumba	12:15 - 12:55 Strength		
4:00 PM	4:30 - 5:15 Strength	4:45 - 5:15 Core Condition	4:30 - 5:15 Circuit Training	4:30 - 5:15 Strength			
5:00 PM	5:15 - 6:00 Sweat	5:15 - 6:00 Step 2	5:15 - 6:00 Strength	5:15 - 6:00 Cardio Sculpt	5:15 - 6:00 Rev 2		
	5:15 - 6:00 Rev 1	5:15 - 6:00 Wave Circuit	5:30 - 6:30 Rev 3	5:15 - 6:00 Rev 2	5:30 - 6:15 Strength		
	5:30 - 6:30 Intro to Pilates	5:15 - 6:00 Intro to Cycle	5:30 - 6:00 Wave 2	5:30 - 6:30 Yoga Fever			
6:00 PM	6:00 - 6:30 Just Legs	6:00 - 6:45 Strength	6:00 - 7:00 Zumba	6:00 - 6:30 Core Condition	6:15 - 7:00 Boxing	<p>PLEASE NOTE:</p> <p>Online registration secures your place in your favorite Class!</p> <p>Class descriptions are available online at www.clhc.com</p> <p>**Classes are colour coded</p> <p>Novice</p> <p>Multi - Level</p> <p>Extreme</p> <p>Schedule subject to change.</p>	
	6:00 - 7:00 Rev 3	6:15 - 7:15 Beginner Yoga		6:15 - 7:45 Enduro Ride			
	6:30 - 7:30 Zumba	6:30 - 7:15 Rev 2		6:10 - 6:30 Wave 1			
		6:45 - 7:30 Sweat		6:30 - 7:15 Step 1			
7:00 PM	7:00 - 8:00 Pilates II	7:30 - 8:30 Limber Limbs	7:00 - 7:45 Rev 1	7:00 - 8:00 Pilates II			
	7:15 - 8:00 Rev 2	7:30 - 8:15 Intermediate Yoga	7:00 - 8:00 Circuit Training	7:30 - 8:30 Kickbox II			
	7:30 - 8:30 Circuit Training						
8:00 PM	8:00 - 9:00 Yoga Fever		8:00 - 8:30 Core Condition	8:00 - 9:00 Intro to Pilates			
	8:30 - 9:30 Kickbox I		8:00 - 9:00 Yoga for Athletes				