



**SPRING FLEX CENTRE PROGRAM SCHEDULE**

	<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THURS</b>	<b>FRI</b>
<b>11:10 am</b>			Pilates (Kathy) Studio 2		Stability Ball (Angela) Studio 2
<b>12:10 pm</b>	Stability Ball (Angela) Studio 2			Pilates (Kathy) Studio 2	
<b>1:10 pm</b>		Spin (Cora) Training 1		Spin (Cora) Training 1	
<b>5pm</b>					

To guarantee a bike sign in the spin binder at the control centre. You may do so up to 3 days in Advance.

All classes include a warm-up and cool-down; also classes are 45 minutes in length.

*Schedule is subject to change with notice.*