

LIVE360 Group Fitness
January 2012

LIVECLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SATURDAY
						RUNNING CLUB w/ SARAH 7:30-9:00	CORE CYCLING w/ RACHEL 8:00-9:00
8:00 AM							
9:00 AM						AGATSU KETTLEBELL w/ SOLLY 9:00-10:00	PILATES (Mixed) w/ RACHEL 9:00-10:00
10:00 AM							YOGAFIT w/ WHITNEY MAH 10:00-11:00
11:00 AM							
12:00 PM	KICKBOXING w/SARAH 12:15PM-12:55PM			YOGAFIT w/ WHITNEY MAH 12:15-12:55 PM			
1:00 PM							
2:00 PM							
3:00 PM							
4:30 PM	TRX-Suspension® Training w/ SHELBY 4:30-5:30	AGATSU KETTLEBELL w/ SOLLY 4:30-5:30	CORE CYCLING: Heavy Pedal w/ MARTY 4:30-5:30	TRX-Suspension® Training w/ SHELBY 4:30-5:30	PILATES - MIXED w/RACHEL 4:30-5:30		
5:30 PM	CIRCUIT 360 w/ KIRA 5:30-6:30	YOGA FOR ATHLETES /w WHITNEY 5:30-6:30	AGATSU KETTLEBELL w/ SOLLY 5:30-6:30	BOSU MANIA w/ MIRELA 5:30-6:30	TRX-Suspension® Training w/ SHELBY 5:30-6:30		
			ZEN ON WHEELS w/ WHITNEY MAH 5:30-6:30	PILATES - INTERMEDIATE w/RACHEL 5:30-6:30	KICKBOXING w/SARAH 5:30-6:30		
6:30 PM							

** All schedules subject to change. For most up-to-date version, please check out: <http://www.live360.ca>