

SVAC ONLINE Class Schedule

January 25 – Feb 7, 2021

\$25.00 plus gst

Keep active at home!

All Fitness 45min or 30min : All Yoga 60 min

All Outdoor sessions confirmed via email night before.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	January 25 5:15am Strength FIIT 8:30am Strength FIIT 9:30am Spin Strength 12:00pm 30min HIIT	January 26 9:30am Move it Low 12:00pm Barre 1:00pm Outdoor Walk @ Kingswood	January 27 5:15am Spin Strength 8:30am Strength FIIT 9:30am GentleYoga 12:00pm HappyHips	January 28 6:00am Spin 30 9:30am Move it Low 10:30amStrengthFIIT 11:05am POUND 1:00pm Outdoor Walk @ Kingswood 5:15pm Outdoor Bootcamp 6:05pmStep&Weights	January 29 6:15am Power Yoga 8:30am Strength FIIT 9:30am GentleYoga 10:45am Pilates Barre Fusion 12:00pm HighFitness	January 30 8:30am Bootcamp Outdoors - if inclement weather, class will be online at 7:00am instead. 9:00am LIFT 10:00am YogaReset
Jan. 31 & Feb. 7 8:00am Spin Core 9:00am Sculpt 360 10:00am YogaReset	February 1 5:15am Strength FIIT 8:30am Strength FIIT 9:30am Spin Strength 12:00pm 30min HIIT	February 2 9:30am Move it Low 12:00pm Barre 1:00pm Outdoor Walk @ Kingswood	February 3 5:15am Spin Strength 8:30am Strength FIIT 9:30am GentleYoga 12:00pm HappyHips	February 4 6:00am Spin 30 9:30am Move it Low 10:30amStrengthFIIT 11:05am POUND 1:00pm Outdoor Walk @ Kingswood 5:15pm Outdoor Bootcamp 6:05pmStep&Weights	February 5 6:15am Power Yoga 8:30am Strength FIIT 9:30am GentleYoga 10:45am Pilates Barre Fusion 12:00pm HighFitness	February 6 8:30am Bootcamp Outdoors - if inclement weather, class will be online at 7:00am instead. 9:00am LIFT 10:00am YogaReset