

SVAC ONLINE Membership Class Schedule

January 11 – January 24th, 2021

\$25.00 plus gst

Keep active at home!

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	January 11	January 12	January 13	January 14	January 15	January 16
	5:15am Strength FIIT 8:30am Strength FIIT 9:30am Spin Strength 12:00pm 30min HIIT	6:00am Power Yoga 9:30am Move it Low 10:30am Cardio Kick 12:00pm Barre 5:15pm Tabata 6:05pm Spin Core	5:15am Spin Strength 8:30am Strength FIIT 9:30am GentleYoga 12:00pm HappyHips 1:15pm Family FIIT	6:00am Spin 30 9:30am Move it Low 10:30am Strength FIIT 11:05am POUND 12:00pm Barre 5:15pm LIFT 6:05pm Step&Weights	5:15am Power Yoga 8:30am Strength FIIT 9:30am GentleYoga 10:30am Pilates Barre Fusion 12:00pm HighFitness	7:00am Bootcamp 9:00am LIFT 10:00am YogaReset
January 17 & 24	January 18	January 19	January 20	January 21	January 22	January 23
8:00am Spin Core 9:00am Sculpt 360 10:00am YogaReset	5:15am Strength FIIT 8:30am Strength FIIT 9:30am Spin Strength 12:00pm 30min HIIT	6:00am Power Yoga 9:30am Move it Low 10:30am Cardio Kick 12:00pm Barre 5:15pm Tabata 6:05pm Spin Core	5:15am Spin Strength 8:30am Strength FIIT 9:30am GentleYoga 12:00pm HappyHips 1:15pm Family FIIT	6:00am Spin 30 9:30am Move it Low 10:30am Strength FIIT 11:05am POUND 12:00pm Barre 5:15pm LIFT 6:05pm Step&Weights	5:15am Power Yoga 8:30am Strength FIIT 9:30am GentleYoga 10:30am Pilates Barre Fusion 12:00pm HighFitness	7:00am Bootcamp 9:00am LIFT 10:00am YogaReset