

# DECEMBER CLASS SCHEDULE

Blue classes in pool/colours in auditorium

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aqua/Diaper Fit 9-9:55am				Aqua/Diaper Fit 9-9:55am	STEP with Marilyn 9:30-10:30am
	Aqua/Diaper Fit 10-10:55am		Aqua/Diaper Fit 10-10:55am		
	Lunch Yoga with Brian 12:10-12:50pm	Lunch Yoga with Brian 12:10-12:50pm	Lunch Yoga with Brian 12:10-12:50pm		
	Beginner Line Dance 1-2pm	Intermediate Line Dance 1-2pm			Bootcamp w Nelson 1-2pm
Aqua/Diaper Fit 5:15-6:00pm		Aqua/Diaper Fit 5:15-6:00pm			
H.I.I.T. w Nelson 6:15-7:15pm		H.I.I.T. w Nelson 6:15-7:15pm			
	H.I.I.T. w Nelson 7-8pm		H.I.I.T. w Nelson 7-8pm		
		STEP with Marilyn 7:30-8:30pm			

Check for updates with Front Desk at 705-869-1961, website [www.espanola.ca](http://www.espanola.ca) or [www.fb.com/townofespanola](http://www.fb.com/townofespanola)  
Classes with insufficient registration/swipes or drop-ins will be cancelled.

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Sunday
schedule last updated November 20

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