

FEBRUARY 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	Move to the Music 12-1pm	
	Free Family Yoga 1:30-3:30pm	Intermediate Line Dance 1-3pm			
		Beginner Line Dance 3-4pm			
Aqua/Diaper Fit 5:15-6:55pm		Aqua/Diaper Fit 5:15-5:55pm			
H.I.I.T. Beginner 5:15-6:15pm					
Fitness 4 Kids 6:15-7:00pm		Fitness 4 Kids 6:15-7:00pm			
	H.I.I.T. w Nelson 7-8pm		H.I.I.T. w Nelson 7-8pm		
	Paddle Board Yoga 8-9pm	STEP with Marilyn 7:30-8:30pm			

Check for updates with Front Desk at 705-869-1961, website www.espanola.ca or www.fb.com/townofespanola

Classes with insufficient registration/swipes or drop-ins will be cancelled.

FEBRUARY CLASS SCHEDULE

Blue classes in pool/Colours in auditorium

Sunday

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