

MARCH CLASS SCHEDULE

Blue classes in pool/Colours in auditorium

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua/Diaper Fit 9-9:55am				Aqua/Diaper Fit 9-9:55am		Updated Feb 28
Free Family Yoga 9:30-11:30am (March 18 + 25)	Deep Aqua/Diaper Fit 10-10:55am		Deep Aqua/Diaper Fit 10-10:55am			
	Lunch Yoga with Brian 12:10-12:50pm (March 5, 19, 26)		Lunch Yoga with Brian 12:10-12:50pm (March 28)			
	Move to the Music 1-2pm	Intermediate Line Dance 1-3pm				
		Beginner Line Dance 3-4pm				
Aqua/Diaper Fit 5:15-6:55pm		Aqua/Diaper Fit 5:15-5:55pm				
Fitness 4 Kids 6-7pm		Fitness 4 Kids 6-7pm				
H.I.I.T. w Nelson 7-8pm	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.