

# MAY CLASS SCHEDULE

Blue Classes in Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua/Diaper Fit 9am-9:55am				Aqua/Diaper Fit 9am-9:55am		Updated April 24
Family Yoga Monday May 13, 10am-12pm	Aqua/Diaper Fit 10am-10:55am		Aqua/Diaper Fit 10am-10:55am			
	LUNCH YOGA with Brian 12:10-12:50pm		LUNCH YOGA with Brian 12:10-12:50pm			
		Intermediate Line Dancing 1:00-3:00pm				
		Beginner Line Dancing 3:00-4:00pm				
Aqua/Diaper Fit 5:15pm-5:55pm		Aqua/Diaper Fit 5:15pm-5:55pm				
	Northern Dragons Karate 5:15-6:45pm		Northern Dragons Karate 5:15-6:45pm			
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 8-8:55pm	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.facebook.com/townofespanola](http://www.facebook.com/townofespanola)  
Classes with insufficient registration/swipes or drop-ins will be cancelled.