

JANUARY CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua/Diaper Fit 9am-9:55am				Aqua/Diaper Fit 9am-9:55am	STEP with Marilyn 9:30-10:30am	
	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	LUNCH YOGA with Brian 12:10-12:50pm	MOVE TO MUSIC w/Lynn 12-1pm		
	Free Family Yoga 1:30-3:30pm	INTERMEDIATE LINE DANCING w/Lynn 1-3pm				
		BEGINNER LINE DANCING w/Lynn 3-4pm				
Aqua/Diaper Fit 5:15pm-5:55am		Aqua/Diaper Fit 5:15pm-5:55am				
Beginner H.I.I.T. w/ Nelson 5:15-6:15 pm						
Fitness 4 Kids w/ Nelson 6:15-7pm		Fitness 4 Kids w/ Nelson 6:15-7pm				
	H.I.I.T. w/ Nelson 7-8pm	STEP with Marilyn 7:30-8:30pm	H.I.I.T. w/ Nelson 7-8pm			

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.