



CLASS SCHEDULE-WINTER 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Barre 6:30am	Elevate! 9:30am	Easy Does It 9:00am	Elevate! 9:30am	Easy Does It 9:00am	
Morning Flow 9:00am			Movin' Mamas** 11am		
Level-Up 6:15pm	Jump Start* 6:30pm		Elevate! 6:15pm	Gentle Flow 6pm	
Yoga Core 7:30pm	Yin 7:45pm	Peak Pose 6:30pm	Jump Start 7:30pm		

NOTES

*Tuesday night Jump Start class is co-ed

**Movin' Mamas is a pre-registered class

See all class descriptions at www.altitude-at.ca/fitness-classes