



## CLASS SCHEDULE - WINTER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Easy Does It 9:00am	Elevate!* 9:00am	Easy Does It 9:00am	Elevate!* 9:00am	Easy Does It 9:00am	
Morning Flow 10:15am			<b>Movin' Mamas</b> <b>10:30am</b>		
Body Sculpt 6:15pm	Jump Start 6:15pm		Elevate!* 6:15pm		
	Yin 7:30pm	Meditation in Motion 7:00pm	Jump Start 7:30pm		

### NOTES

- \*Elevate! classes are women's only
- Classes in **Bold** are Registered Classes: <http://www.altitude-at.ca/registered-classes/> for more information
- See all class descriptions at [www.altitude-at.ca/classes](http://www.altitude-at.ca/classes)