



ALTITUDE

ATHLETIC THERAPY & FITNESS TRAINING INC.

CLASS SCHEDULE-FALL 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Barre 6:30am			Barre 6:30am	
	Elevate!* 9:00am	Easy Does It 9:00am	Elevate!* 9:00am	Easy Does It 9:00am	
	Therapeutic Yoga 10:30am	Easy Does It 101 10:30am	Movin' Mamas 10:30am	Therapeutic Yoga 10:30am	
First Time Fitness 5:45pm	Jump Start 6:15pm	Yoga Core 6:00pm	Elevate!* 6:15pm	Gentle Flow 6:00pm	
Body Sculpt 7:00pm	Yin 7:30pm	Restorative Yoga 7:30pm	Jump Start* 7:30pm		

NOTES

- *All Elevate! classes are women's only, Jump Start *Thursday* night is men'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