



Group Fitness Schedule

858 Beatty St, Unit 210 FALL/WINTER 2014

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bootcamp 6:15-7:00am Katie Curtis Bootcamp 7:00 – 7:45am Nerida Karlen	Bootcamp 7:00 – 7:45am Amy Deihl	Bootcamp 6:15-7:00am Nerida Karlen Bootcamp 7:00 – 7:45am Nerida Karlen	Bootcamp 7:00 – 7:45am Teri-Lynn Nelson	Bootcamp 6:15-7:00am Nerida Karlen Bootcamp 7:00 – 7:45am Amy Deihl	Morning Bootcamp 9:00 – 9:45am Teri-Lynn Nelson
Crosstraining & Fitness 8:00 -9:00 am David Sims		Crosstraining & Fitness 8:00 -9:00 am David Sims		Crosstraining & Fitness 8:00 -9:00 am David Sims	Crosstraining & Fitness 10:00 – 11:00am Teri-Lynn Nelson
Crosstraining & Fitness 12:00 – 1:00pm David Sims	Core Circuit 12:10 – 1:00pm Katie Curtis	Crosstraining & Fitness 12:00 – 1:00pm David Sims	Bootcamp 12:10 – 1:00pm Katie Curtis	Crosstraining & Fitness 12:00 – 1:00pm David Sims	
Crosstraining & Fitness 5:30 – 6:30pm David Sims	Evening Bootcamp 6:00 – 6:45pm Nerida Karlen	Crosstraining & Fitness 5:30 – 6:30pm David Sims	Evening Bootcamp 6:00-6:45pm Nerida Karlen	Crosstraining & Fitness 4:30 – 5:30pm David Sims	

Class space is limited, reserve your spot online at <https://clients.mindbodyonline.com/ASP/home.asp?studioid=11186>.

A 24-hour cancellation is required for all reserved spots.

For a FREE week trial, please email info@precisionathletics.ca.

For more information: precisionathletics.ca or 604 800.3453