

## Spin Class Schedule

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 AM		30 Minutes		30 Minutes		30 Minutes
7:15 AM		30 Minutes		30 Minutes		30 Minutes
4:30 PM	30 Minutes		30 Minutes			

\* Arrive 5 minutes prior to class start. \* Times subject to change without notice.

**PLEASE TEXT YOUR NAME & CLASS YOU WANT TO ATTEND PRIOR TO COMING AS SPACE IS LIMITED**

604-854-0058

**Fee:**           **\$10** any class (GST Included)

Cash, Chq, CC or EFT accepted

