

PHONE: 250.549.1240
 ADDRESS: #15-100 KAL LAKE RD
 VERNON, BC, V1T 7M3

KAL FITNESS

MON-THURS 5:30AM-9:00PM
 FRIDAY 5:30-8:00PM
 SATURDAY 7:00PM-6:00PM
 SUNDAY 8:00AM-4:00PM

GROUP FITNESS SCHEDULE - OCTOBER

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30AM		Zumba Kate				
8:30AM	Triple Fit Joan Rowan		Triple Fit Joan Rowan		Yoga Deb	F.I.T Jane
9:00AM		Fit Ball Joan S		Fit Ball Joan S		
10:00AM	Zumba Kate		Zumba Kate		Zumba Kate	
4:30PM	Zumba Joan R	Yoga Deb				
4:45PM				Core Kate		
5:30PM	Kick Class Kate		Kick Class Kate			

SPIN SCHEDULE - SIGN UP SHEETS @ FRONT DESK

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00AM		Spin Sheree		Spin Sheree		
9:30AM				Spin Rhonda		
10:00AM	Spin Anna		Spin Anna		Spin Anna	
5:00P		Spin Sheree		Spin Sheree		