

Registered Class & Flex Pass Schedule
www.MuscleMemory.ca / 604-948-FITT

Scheduled Classes
 Drop-in classes **(PP)**

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	Online Boot Camp (M/W/F) Shannon		Online Boot Camp (M/W/F) Shannon		Online Boot Camp (M/W/F) Shannon	
7:00am						
8:00am	Online Women Only Barbara	Online Spin Express Shannon	Online Women Only Barbara		Online Women Only Barbara	
9:15am	9:15am Outdoor Boot Camp Evan	9:15am Online Senior Strength Anne	9:15am Outdoor Boot Camp Evan	9:15am Online Spin Express Shannon 9:15am Online Senior Strength Anne	9:15am Outdoor Boot Camp Evan	9am Online Fat Burner Evan
10am		Outdoor Boot Camp Mike				
12pm			Online Spin Express Shannon			
6:00pm		Outdoor Boot Camp Shannon		Outdoor Boot Camp Shannon		
7:00pm						

All classes and times are subject to change and cancellation