

# Registered Class & Flex Pass Schedule

[www.MuscleMemory.ca](http://www.MuscleMemory.ca) / 604-948-FITT

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

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	Indoor Boot Camp (M/W/F) Shannon	Spin Express Shannon	Indoor Boot Camp (M/W/F) Shannon	Spin Express Shannon	Indoor Boot Camp (M/W/F) Shannon	
7:00am						
8:00am	Online Women Only Barbara		Online Women Only Barbara		Online Women Only Barbara	
9:00am	<u>9:15am</u> Outdoor Boot Camp Kelsey	<u>9:15am</u> Senior Strength Anne	<u>9:15am</u> Outdoor Boot Camp Evan	<u>9:15am</u> Senior Strength Anne	<u>9:15am</u> Outdoor Boot Camp Evan	
10am				Golf Fit Rob		
5:00pm						
6:00pm		Indoor Boot Camp Morgan  Outdoor Boot Camp Rob		Indoor Boot Camp Morgan  Outdoor Boot Camp Rob		
7:00pm						

All classes and times are subject to change and cancellation