

# SUMMER 2018 SCHEDULE



Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					<b>Step and Strength</b> Janet 9:30-10:45 am	<b>Pelvicore</b> Shawna 10:10 - 11:10 am
WEEKDAYS LUNCH 12:10 - 12:50 pm						
<b>Tabata</b> Janet	<b>Triple HIIT</b> Susie	<b>Barre</b> Janet	<b>Pump It</b> Pooja	<b>Cardio Mix Up</b> Ali		<b>Barre</b> Maria 11:20 am-12:20 pm ends June 24
		<b>Youth HIIT</b> Ali 4:00 - 5:00 pm June 13 to Aug 22				
WEEKDAYS AFTER WORK from 5:20 pm						
<b>Load It</b> Shawna 5:20 - 6:10 pm	<b>NEW TIME</b>	<b>Wednesday W.I.N.G.S</b> Dani 5:20 - 6:10 pm	<b>NEW</b>	<b>Barre</b> Maria 5:20 - 6:10 pm July 5-August 30	<b>NEW</b>	
<b>Zumba</b> Cygni 6:20 - 7:20 pm		<b>NEW</b>		<b>Zumba</b> Cygni 6:20 - 7:20 pm		
<b>Capoeira*</b> Meta 7:30 - 9:00 pm	<b>Barre</b> Maria 7:15- 8:15 pm	<b>NEW TIME</b>	<b>Pelvicore</b> Shawna 7:00-8:00 pm	<b>Capoeira*</b> Meta 7:30 - 9:00 pm		

Weights  
Intervals  
Nutrition  
Guidance  
Stretching

\*Capoeira: \$18 drop-in/ 10-class punch card for \$130 (plus tax)

Classes and instructors may change without prior notice.  
Classes may be cancelled if there are 3 or less participants.

2018 Summer  
Schedule from May 22

WWW.BREAKAWAYFITNESS.CA 5003 48th Street 867.920.4220

Monday to Thursday 5:30 am to 10 pm | Friday 5:30 am to 9 pm | Saturday 9 am to 7 pm | Sundays 10 am to 6:00 pm