

Cardio Connection Fall Schedule 2018

Located at 101 Hudson Ave. Salmon Arm

Download the "Mindbody" App or call / text 250-833-2717

	MON	TUES	WED	THURS	FRI	SAT
6:00-6:45			Cycle/TRX ~shay~		Cycle/ Bootcamp ~shay~	
7:00-7:45		Cycle & Stretch ~ melissa~			Cycle/TRX ~melissa~	9:00-10:00
9-10	cycle/abs ~melissa~	9- 9:45 Bootcamp ~melissa~	cycle/ bootcamp ~melissa~	9- 9:45 Abs & Ass ~melissa/ shay~	cycle/abs ~melissa~	MYSTERY CLASS!!!! Cycle Barre bootcamp TRX
10:00-10:45	10:15-11:00 New 2 Spin & TRX 60 yrs + ~melissa~	Babies & Barre ~melissa~	10:15-11:15 Barre/ pilates ~kate~	Babies & Bootcamp ~melissa~	10:15-11:15 Barre/ pilates ~kate~	*check schedule on mindbody
12:15-12:45	TRX ~melissa~		Cycle/ Bootcamp ~melissa~		HIIT/Barre ~melissa~	
1:00-5:00		<.....ART GALLERY.....>				
5:15-6:30	Cycle/TRX ~melissa~ 5:30-6:30	Barre ~jaime~ 5:15-6:15	Cycle & Tone ~melissa~ 5:30-6:30	TRX ~melissa~ 5:30-6:15	Barre ~jaime~ 5:15-6:15	
6:30-7:30	Hip Hop ~jaime~ 6:45-7:45	Cycle & Abs ~melissa~		Cycle & Abs ~melissa~		

Classes are subject to change or cancellation.
Check the Mindbody App for times and classes.