

Cardio Connection FALL Schedule 2020

Located at 185 Hudson Ave. Salmon Arm

	MON	TUES	WED	THURS	FRI	SAT
6:00-6:45	Spin/Barre ~jessica~		Cycle/strength ~melissa~		Cycle/Tone ~melissa~	
7:00-7:45		Spin/ Bootcamp ~melissa~		Spin/TRX ~melissa~		!
9-10	cycle/abs ~melissa~	9- 9:45 Bootcamp ~shay~	Spin/bootcamp ~melissa~	9- 9:45 Bootcamp ~shay~	cycle/abs ~shay~	9:00-9:45 MYSTERY CLASS!!!!
10:15- 11:00 *pre- registered	Barre ~melissa~		Barre ~melissa~			
5:30-6:15	Cycle & Strength ~char~ 5:30-6:30	Barre ~jessica~	Cycle & Tone ~char~ 5:30-6:30	TRX ~melissa~		
6:30-7:30		Cycle & Abs ~jessica~	Dance Class w Jaime *pre- registered	Cycle ~jamie~		

Classes are subject to change or cancellation.