

Cardio Connection **SPRING** Schedule 2022

Located at **248 Shuswap St** Salmon Arm

	MON	TUES	WED	THURS	FRI	SAT
6-6:45	SPIN & LOWER BODY BLAST ~melissa~	TRX ~melissa~	SPIN & CORE ~melissa~		SPIN & UPPER BODY BLAST ~melissa~	
9-10	SPIN & TRX ~melissa~		SPIN & BARRE ~melissa~		SPIN & CORE ~char~	8-9 SPIN & TOTAL BODY BOOTCAMP
12:10-12:45	LUNCH EXPRESS Glutes & Abs ~kat~		LUNCH EXPRESS Cardio HIIT Blast ~kat~			
5:30-6:15	SPIN & UPPER BODY BLAST ~char~	5:00-5:45 COMBAT CARDIO ~kat~	SPIN & LOWER BODY BLAST ~char~	5:00-5:45 TRX ~melissa~	5:00-5:45 BOOTCAMP ~kat~	
6:00-7:00		SPIN & CORE ~jaimie~		SPIN & BARRE ~jaimie~		

Cardioconnection.ca

Classes are subject to change or cancellation.

3 people minimum to run a class.

You will be contacted 45 min prior to class if it is cancelled.