



She's FIT!

LANGLEY

GROUP TRAINING AND INSTRUCTION SCHEDULE Fall 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Interval Training 8:30 AM				
Speed Zone 9:00 AM	Speed Zone 9:00 AM	Speed Zone 9:00 AM	Speed Zone 9:00 AM	Speed Zone 9:00 AM		
Stretch & Core 9:30 AM	Stretch & Core 9:30 AM	Stretch & Core 9:30 AM	Stretch & Core 9:30 AM	Stretch & Core 9:30 AM		
						
	Speed Zone 6:00 PM		Speed Zone 5:30 PM	CLUB HOURS Monday - Thursday 6:00 am - 9:00 pm Friday 6:00 am - 8:00 pm Saturday 8:00 am - 4:00 pm Sunday 8:00 am - 1:00 pm		
Speed Zone 6:30 PM	Interval Training 6:30 PM	Speed Zone 6:30 PM	Interval Training 6:30 PM	For more information call 604-532-9910 or visit our website: www.shesfit.com		
Stretch & Core 7:00 PM	Stretch & Core 7:00 PM	Stretch & Core 7:00 PM	Stretch & Core 7:00 PM			

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**"IN WITH ENCOURAGEMENT -
OUT WITH JUDGEMENTS"**

Exercise Floor – Please meet your Instructor at the Front Desk

All sessions are done in a group setting; they are 30-45 minutes in duration.