

CanWest

Group Fitness

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM				*Rise & Shine 7-7:40 AM	BUILD 7-7:45 AM	
			**Barre Above 10-10:45 AM		**Strength & Sweat 10-10:45 AM	BURN 9-9:45 AM
NOON	Open Gym 12-1 PM		Open Gym 12-1 PM			
PM			Learn 2 Lift 5:30 - 6:30 PM	BURN 6-6:45 PM		
	*Body Blast 7:30-8:10 PM	BUILD 6-6:45 PM				

*Denotes female only class & free for Briercrest students

** Denotes childcare is included with this class