



Class Schedule

February March 2025

Day	Start	End	Class
Monday	10:15am	11:30am	HATHA YOGA with Stephanie
	12:00pm	12:50pm	STRENGTH CIRCUIT
	2:00pm	3:00pm	WEIGHT ROOM CIRCUIT
	5:30pm	6:30pm	WEIGHT ROOM CIRCUIT
	5:15pm	6:30pm	BEGINNER ADULT BALLET (Feb 24 – Mar 17)
	6:45pm	8:00pm	ADULT BALLET with Diana (Feb 24 – Mar 17)
Tuesday	9:15am	10:30am	YOGA with Brooke
	10:45am	11:45am	PILATES ESSENTIALS (pending)
	4:00pm	4:55pm	PILATES INTERMEDIATE (online and in-person)
	5:30pm	6:25pm	PILATES INTERMEDIATE
	6:45pm	8:00pm	YIN YANG YOGA with Stephanie
Wednesday	9:00am	10:00am	CARDIO STRENGTH CIRCUIT
	10:15am	11:00am	SPIN – Interval Ride
	11:15am	12:00pm	SPIN – Interval Ride
	12:30pm	1:20pm	STRENGTH CIRCUIT
	5:15pm	6:15pm	CREATIVE DANCE FOR KIDS
	6:30pm	7:45pm	CONTEMPORARY DANCE
Thursday	9:15am	10:10am	PILATES INTERMEDIATE
	10:30am	11:25am	PILATES INTERMEDIATE
	5:30pm	6:30pm	CARDIO STRENGTH CIRCUIT
	6:45pm	8:00pm	SLOW FLOW YOGA with Alana
Friday	9:00am	10:00am	CARDIO STRENGTH CIRCUIT
	10:30am	11:30am	WEIGHT ROOM CIRCUIT
	12:00pm	12:50pm	STRENGTH CIRCUIT
Saturday	10:00am	11:00am	PILATES ESSENTIALS (pending)

We also have Facility Memberships, Reformer Training & Personal Training.

www.tanglefoot.ca • 250-427-5210 • info@tanglefoot.ca