



Class Schedule September 2024

| Day | Start | End | Class |
|-----------|---------|---------|---|
| Monday | 9:15am | 10:30am | YIN YANG YOGA (starting Sept 9) |
| | 12:00pm | 12:50pm | STRENGTH CIRCUIT (starting Sept 16) |
| | 5:15pm | 6:30pm | HATHA YOGA (starting Sept 9) |
| | 5:30pm | 6:30pm | WEIGHT ROOM CIRCUIT |
| | 6:45pm | 8:00pm | ADULT BALLET (starting Sept 9) |
| Tuesday | 9:00am | 10:15am | YOGA with Brooke |
| | 9:30am | 11:30am | TRAIL TREKKING (see Trekking schedule) |
| | 4:00pm | 4:55pm | PILATES INTERMEDIATE (online and in-person) |
| | 5:30pm | 6:25pm | PILATES INTERMEDIATE |
| | 6:40pm | 7:40pm | PILATES ESSENTIALS (starting Sept 17) |
| Wednesday | 9:00am | 10:00am | CARDIO STRENGTH CIRCUIT |
| | 10:30am | 11:15am | SPIN – Interval Ride |
| | 12:00pm | 12:50pm | STRENGTH Circuit |
| | 5:15pm | 6:15pm | CREATIVE DANCE FOR KIDS (starting Sept 11) |
| | 6:30pm | 8:00pm | CONTEMPORARY DANCE (starting Sept 11) |
| Thursday | 9:15am | 10:10am | PILATES INTERMEDIATE |
| | 10:30am | 11:25am | PILATES INTERMEDIATE |
| | 5:30pm | 6:20pm | CARDIO STRENGTH CIRCUIT (starting Sept 19) |
| | 6:45pm | 8:00pm | SLOW FLOW YOGA (starting Sept 19) |
| Friday | 9:00am | 10:00am | CARDIO STRENGTH CIRCUIT |
| | 10:30am | 11:30am | WEIGHT ROOM CIRCUIT (starting Sept 20) |
| | 10:30am | 11:40am | YOGA with Brooke (starting Sept 20) |
| | 12:00pm | 12:50pm | STRENGTH CIRCUIT |
| Saturday | 10:00am | 12:00pm | YOGA FOR TEENS Workshop (Sept 21) |
| Sunday | 9:30am | 11:30am | SUNDAY TREK (see Trekking schedule) |

CLASSES WITHOUT DATES ARE ONGOING

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