



Class Schedule

January – February 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
	6:45pm	8:00pm	ADULT BALLET with Diana
Tuesday	9:15am	10:30am	YOGA with Brooke (starts Jan 14)
	10:45am	11:45am	PILATES ESSENTIALS (starts Jan 14)
	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 (starts Feb 5)
	6:30pm	7:45pm	ADULT CONTEMPORARY DANCE (starts Feb 5)
Thursday	9:15am	10:10am	PILATES INTERMEDIATE
	10:30am	11:25am	PILATES INTERMEDIATE
	4:15pm	5:15pm	YOGA FOR KIDS WITH ANXIETY
	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
	7:00pm	8:30pm	“JUST BREATHE” with Sarah Eedy (Jan 3 and 10)
Saturday	9:45am	10:45am	PILATES ESSENTIALS

Unless indicated, all classes start the week of Jan 6, 2025.

We also have Facility Memberships, Private Reformer Training and Personal Training.

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