



Class Schedule

April May 2025

Day	Start	End	Class
Monday No Classes May 19	10:15am	11:30am	HATHA YOGA w Stephanie (No class Apr 14)
	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 with Diana
	6:45pm	8:00pm	ADULT BALLET with Diana
Tuesday	9:15am	10:30am	YOGA with Brooke
	9:30am	11:30am	TRAIL TREKKING (starts April 22)
	10:45am	11:45am	CHAIR YOGA with Brooke (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
	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	6:25pm	CARDIO STRENGTH CIRCUIT
	6:45pm	8:00pm	SLOW FLOW YOGA with Alana (pending)
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
Sunday	10:00am	11:00am	WEEKEND SPIN (Apr 6, Apr 27, May 11)

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