



Class Schedule

September 2025

Day	Start	End	Class
Monday	12:00pm	12:50pm	STRENGTH CIRCUIT (starting Sept 8)
	2:00pm	3:00pm	WEIGHT ROOM CIRCUIT (starting Sept 8)
	5:30pm	6:30pm	WEIGHT ROOM CIRCUIT (starting Sept 8)
Tuesday	9:00am	10:15am	YOGA with Brooke
	9:30am	11:30am	TRAIL TREKKING (starting Sept 9)
	4:00pm	4:55pm	PILATES INTERMEDIATE (online and in-person)
	5:30pm	6:25pm	PILATES INTERMEDIATE (starting Sept 9)
	6:45pm	7:45pm	PILATES ESSENTIALS (starting 23)
Wednesday	9:00am	10:00am	CARDIO STRENGTH CIRCUIT (starting Sept 10)
	10:15am	11:00am	SPIN – Interval Ride (starting Sept 10)
	12:00pm	12:50pm	STRENGTH CIRCUIT (starting Sept 10)
	5:30pm	6:30pm	YOGA with Bailey (starting Sept 24)
Thursday	9:15am	10:10am	PILATES INTERMEDIATE (starting Sept 11)
	10:30am	11:25am	PILATES INTERMEDIATE (starting Sept 11)
	12:00pm	1:00pm	PILATES ESSENTIALS (starting Sept 25)
	5:30pm	6:25pm	CARDIO STRENGTH CIRCUIT (starting Sept 11)
Friday	9:00am	10:00am	CARDIO STRENGTH CIRCUIT (starting Sept 12)
	10:30am	11:30am	WEIGHT ROOM CIRCUIT (starting Sept 12)
	12:00pm	12:50pm	STRENGTH CIRCUIT (starting Sept 12)
Sunday	10:00am	12:00pm	SUNDAY TREK (See Trekking Schedule for Dates)

We also offer Facility Memberships, Personal Training and Reformer Training

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