Class Schedule
NOVEMBER 2026

Day	Start	End	Class
Monday	12:00pm	12:50pm	STRENGTH CIRCUIT
	2:00pm	3:00pm	WEIGHT ROOM CIRCUIT
	5:30pm	6:30pm	WEIGHT ROOM CIRCUIT
	6:30pm	7:30pm	WEIGHT ROOM CIRCUIT
Tuesday	9:00am	10:15am	YOGA with KIRSTEN
	10:45am	11:45am	UPRIGHT PILATES
	4:00pm	4:55pm	PILATES INTERMEDIATE (online and in-person)
	5:30pm	6:25pm	PILATES INTERMEDIATE
	6:45pm	8:00pm	YOGA with KIRSTEN
Wednesday	9:00am	10:00am	CARDIO STRENGTH CIRCUIT
	10:30am	11:15am	SPIN – Interval Ride
	12:00pm	12:50pm	STRENGTH CIRCUIT
Thursday	9:15am	10:10am	PILATES INTERMEDIATE
	10:30am	11:25am	PILATES INTERMEDIATE
	12:00pm	1:00pm	PILATES ESSENTIALS (pending registration)
	5:30pm	6:30pm	CARDIO STRENGTH CIRCUIT
Friday	9:00am	10:00am	CARDIO STRENGTH CIRCUIT
	10:15am	11:15am	WEIGHT ROOM CIRCUIT
	11:15am	12:15pm	WEIGHT ROOM CIRCUIT
	12:30pm	1:20pm	STRENGTH CIRCUIT
Sunday	10:00am	11:00am	SUNDAY SPIN (Nov 8 and 22)

We also offer Facility Memberships, Personal Training and
Private or Semi-Private Reformer Training

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