

Summer 2024

CLASS SCHEDULE

July 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7am		7 to 8am Level 3 Chris		7 to 8am Level 3 Chris	7 to 8am Level 2/3 Chris	
8am		8 to 9am Level 2 Chris		8 to 9am Level 2 Chris	8 to 9am Level 2 Chris	
9am		9 to 10am Level 1 Jen	9 to 10am Level 1/2 Chantelle	9 to 10am Level 1 Chantelle	9 to 10am Level 1 Thea	
10am	10 to 11am All Levels Chantelle	10 to 11am Level 2 Chris	10 to 11am Level 1/2 Chantelle	10 to 11am Level 2 Chris	10 to 11am Stretch 2 Chantelle	9:30 to 10:30am Level 1 Thea
11am	11 to 12pm Level 1/2 Chantelle	11 to 12pm Sculpt 2/3 Chantelle	11 to 12pm Level 2 Chantelle	11 to 12pm Sculpt 2 Chantelle	11 to 12pm Level 2 Chris	10:30 to 11:30am Level 1/2 Thea
12pm	12 to 1pm Level 2 Thea	12 to 1pm All Levels Jen	12 to 1pm All Levels Chantelle	12 to 1pm All Levels Jen	12 to 1pm Level 2/3 Chris	11:30 to 12:30pm Level 1 Thea
1pm	1 to 2pm Level 2 Thea					
2pm				2 to 3pm Level ½ Jen		
3pm	3 to 4pm Level 1 Chantelle	3 to 4pm Level 1 Jen	3 to 4pm Level 1/2 Kelsey	3 to 4pm Level 2 Jen		
4pm	4 to 5pm Sculpt 2 Chantelle	4 to 5pm Level 2 Jen	4 to 5pm Level 1 Kelsey	4 to 5pm Level 1 Jen		
5pm	5 to 6pm Level 2/3 Chantelle	5 to 6pm Level 1 Thea	5 to 6pm Level 2 Chris	5 to 6pm Level 2 Kelsey		Foundations
6pm	6 to 7pm Foundations Chris	6 to 7pm Level 1 Thea	6 to 7pm Level 2/3 Chris	6 to 7pm Level 1 Kelsey		Levels
7pm	7 to 8pm Level 3 Chris	7 to 8pm Level 1 Thea	7 to 8pm Level 3 Chris	7 to 8pm Level 1/2 Kelsey		Specialty

Legend:

For Private Session availability, please contact the studio at (250) 598-9828 ext 2