



Group Fitness Schedule

Shaw Tower – Summer 2011

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Bootcamp
12:00 – 1:00
Ally Gray

Bootcamp
12:00 – 1:00
Alli Conyers

Bootcamp
5:30 – 6:30
Ally Gray

Bootcamp
5:30 – 6:30
Alli Conyers

Class space is limited, reserve your spot online at <https://clients.mindbodyonline.com/ASP/home.asp?studioid=11186>. A 24-hour cancellation is required for all reserved spots.

Prepaid class pricing (before tax): 1 month \$18/class 2 months \$16/class 3 months \$15/class 6 months \$13/class drop-in \$20

For a free week trial, please email info@precisionathletics.ca.

For more information: precisionathletics.ca or 604 800 3453