

# LTC & VTC Class Schedule for February 2010

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Your Fitness Centre Membership Includes Classes and Beginners Are Welcome. [www.bctransit.com/fitness](http://www.bctransit.com/fitness)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>10:00-11:00</b> VTC Flow Yoga Michael</p> <p><b>11:30-12:30</b> LTC Boot Camp Shannon</p> <p><b>12:00-1:00</b> VTC Flow Yoga Lexi</p> <p><b>6:30-7:30 PM</b> VTC Boot Camp Shannon</p>	<p><b>12:05-12:55</b> VTC Total Conditioning Liz</p>	<p><b>11:00 – 11:50</b> VTC On the Ball Tracey</p> <p><b>11:30-12:30</b> LTC Boot Camp Shannon</p> <p><b>12:00-1:00</b> VTC Flow Yoga Lexi</p> <p><b>4:20-5:10</b> VTC Total Conditioning Liz</p>	<p><b>10:00-11:00</b> No class on 4 February VTC Boot Camp Shannon</p> <p><b>12:05-12:55</b> VTC Ball Core Conditioning Tracey</p>	<p><b>10:00-11:00</b> 2 Classes 12 &amp; 26 February VTC Restorative Yoga Lexi</p> <p><b>12:05-12:55</b> VTC Yoga Pilates Fusion Nicole</p>	<p><b>9:30-10:30</b> VTC Flow Yoga Michael</p>
