

LTC & VTC Class Schedule for May 2010

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Your Fitness Centre Membership Includes Classes and Beginners Are Welcome. www.bctransit.com/fitness

No Classes Monday, 24 May, Victoria Day

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>No Classes 24 May Victoria Day</p> <p>11:30-12:30 LTC Boot Camp Shannon</p> <p>12:00-1:00 VTC Flow Yoga Lexi</p>	<p>10:00-11:00 VTC Flow Yoga Michael</p> <p>12:05-12:55 VTC Core & More Tracey – 4, 11 & 18 May No class on 25 May</p>	<p>11:30-12:30 LTC Boot Camp Shannon</p> <p>12:00-1:00 VTC Flow Yoga Lexi</p>	<p>12:05-12:55 VTC Ball Core Conditioning Ali Tracey - 27 May Sub</p>	<p>10:00-11:00 VTC Restorative Yoga Lexi</p> <p>11:15-12:00 VTC TRX Suspension Training Class 7 May Shannon</p> <p>12:05-12:55 VTC Vinyasa Flow Yoga Monique</p>	<p>9:30-10:30 VTC Flow Yoga Michael Nicole – 8 May Sub</p>