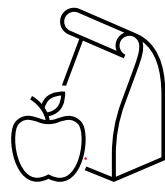



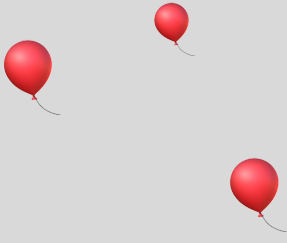




SEPT 2024



SUN	MON	TUE	WED	THU	FRI	SAT
	2	3	4	5	6	7
	 POP-UP EVENING CLASSES! MONDAY MADNESS	8:00 am (30m) STRONGER 8:35 am (25m) HOME STRETCH	9:00 am (30m) CORE 'n MORE CORE	8:30 am (40m) SOLID		9:00 am (40m) STRONGER 9:45 am (30m) HOME STRETCH
	9	10	11	12	13	14
	 MONDAY MADNESS	8:00 am (30m) STRONGER 8:35 am (25m) HOME STRETCH	9:00 am (30m) CORE 'n BACK CARE	8:30 am (40m) SOLID		9:00 am (40m) STRONGER 9:45 am (30m) HOME STRETCH
	16	17	18	19	20	21
		8:00 am (30m) STRONGER 8:35 am (25m) HOME STRETCH	9:00 am (30m) CORE 'n ARMS / SHOULDERS	8:30 am (40m) SOLID		9:00 am (40m) STRONGER 9:45 am (30m) HOME STRETCH
	23	24	25	26	27	28
		8:00 am (30m) STRONGER 8:35 am (25m) HOME STRETCH	9:00 am (30m) CORE 'n CARDIO HIIT	8:30 am (40m) SOLID		9:00 am (40m) STRONGER 9:45 am (30m) HOME STRETCH
	30					
	 YAY! 6:30 pm (40m) MONDAY MADNESS				Donations Sep Oct Nov Dec 2024  Food Banks Canada / Banques alimentaires Canada	

** All times are in Pacific Time (Canada, USA)

