

Sally Borden Fitness & Recreation



CLASS SCHEDULE

January 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>WOW Workout of the Week</p> <p>12:10 – 1:00 pm</p>	<p>Noon Spin</p> <p>12:10 – 1:00 pm</p>	<p>Early Bird Spin</p> <p>6:45 – 7:45 am</p>	<p>Flow Yoga</p> <p>12:00 – 1:00 pm</p>	<p>Flow Yoga</p> <p>12:00 – 1:00 pm</p>		<p>New Class! Flow Yoga</p> <p>Jan 14 – Mar 4 9:00 – 10:00 am</p>
<p>Spin 60</p> <p>5:15 – 6:15 pm</p>	<p>Flow Yoga</p> <p>12:00 – 1:00 pm</p>	<p>WOW Workout of the Week</p> <p>12:10 – 1:00 pm</p>	<p>Boxing FITness</p> <p>Jan 11 – Feb 8 5:00 – 6:00 pm</p>			<p>Yin Yoga</p> <p>4:30 – 5:30 pm</p>
<p>Flow Yoga</p> <p>6:30 – 7:30 pm</p>	<p>New Class! Boot Camp</p> <p>Jan 16 – Mar 27 5:30 – 6:30 pm</p>	<p>Spin 60</p> <p>Jan 10 – Mar 14 5:30 – 6:30 pm</p>	<p>Zumba</p> <p>6:15 – 7:15 pm</p>		<p>Drop-In Included with Performance Plus and Day Guest Membership</p>	
	<p>Yin Yoga</p> <p>7:30 – 8:30 pm</p>	<p>Yin & Yang Yoga</p> <p>6:30 – 7:30 pm</p>	<p>Spin 90</p> <p>Jan 18 – Mar 8 6:15 – 7:45 pm</p>		<p>Pre-Registration Drop-ins welcome given available space. Classes are subject to change.</p>	
<p>Classes resume the week of Jan 02 (unless noted otherwise)</p>						

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