

WAVERLEY OAKS ATHLETIC CLUB

Special Schedule Instructor Development Day Saturday, February 8th, 2020

7:30am	KUNDALINI YOGA	GURUATMA
8:15am	LES MILLS BODYCOMBAT	SHOSHANA
9:15am	POWER YOGA	GRETCHEN
9:15am	LES MILLS BODYPUMP 	SHOSHANA
9:30am	AQUACISE '45	EMILIA
10:30am	 ZUMBA FITNESS	KARA
10:30am	PILATES MAT	SANDRA
10:30am	AQUACISE '45	EMILIA
11:30am	LES MILLS BODYPUMP 	CORINNE

ALL **MX4** classes will run as usual

These will be the only classes offered this day.