

MAY – JUNE 2011

Monday	8:45a – 9:30a	Cardio Kickboxing
	9:30a – 10:30a	Cardio Kickboxing
	6:30p – 7:30p	Cardio Kickboxing
Tuesday	8:45a – 9:30a	Power Drills
	9:30a – 10:30a	Cardio Kickboxing
	7:00p – 8:00p	Cardio Kickboxing
Wednesday	8:45a – 9:30a	Cardio Kickboxing
	9:30a – 10:30a	Cardio Kickboxing
	6:30p – 7:30p	Cardio Kickboxing
Thursday	8:45a – 9:30a	Power Drills
	9:30a – 10:30a	Cardio Kickboxing
	7:00p – 8:00p	Cardio Kickboxing
Friday	9:30a – 10:40a	Cardio Kickboxing
	8:45a – 9:30a	Cardio Kickboxing
Saturday	8:45a – 9:30a	Power Drills
	9:30a – 10:40a	Cardio Challenge (Kickboxing)
Sunday	9:30a – 10:30a	Cardio Kickboxing

Schedule may change without notice

Please visit www.judysgroupfitness.ca or call the Studio for cancellations

Group classes: ages 13+

THANK YOU!!