



Studio opens 15 mins before class starts

Effective October 1, 2018



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15am - 9:55am RYDE Amie (40min)	7:00am - 7:40am SLOW RYDE Sarah B. (40min)	6:00 am - 6:50am RYDE Pete (50min)	9:00am - 10:00am ZUMBA fitness Low Impact Stacey	6:00am - 6:50am RYDE Ashlea (50min)	7:45am - 8:45am Bikram yoga (Room Temp) Ali	8:00am - 8:50am RYDE Pete (50min)
10:15am - 11:15am BARRE Tara	9:00am - 10:00am POP PILATES Sally	7:00am - 7:45am BARRE Ashlea	10:15am - 11:15am BARRE BURST Tara	7:00am - 7:45am BARRE Ashlea	9:00am - 10:00am ZUMBA fitness Low Impact Amie	9:00am - 7:45am BARRE Ashlea
4:30pm - 5:30pm BOOT CAMP Sue	10:15 am - 11:15am Yin Yoga Ali	9:00 am - 10:30am YIN / YANG YOGA Tanya S.	11:30am - 12:00pm SLOW RYDE Sarah B. (30min)	9:00am - 10:00am BARRE Sally	9:15am - 10:05am RYDE Sareena (50 MIN)	10:15am - 11:15am ZUMBA fitness Sareena
5:45pm - 6:45pm ZUMBA fitness Stacey	12:10pm - 12:50pm RYDE Sareena (40 MIN)	3:15pm - 4:00pm GENERATION x POUND Stacey	3:15pm - 4:00pm Little Shakers Tara	9:15am - 9:55am SLOW RYDE Sarah B. (40min)	10:15am - 11:15am POUND Stacey	
6:00pm - 6:50pm RYDE Sara L. (50min)	4:15pm - 5:05pm RYDE Amie (50min)	4:30pm - 5:30pm ZUMBA fitness Amie	4:15pm - 5:05pm RYDE Amie (50min)	10:15 am - 11:15am Yin Yoga Ali		
7:00pm - 8:00pm BARRE Tara	4:30pm - 5:30pm BARRE Sally	5:15pm - 6:05pm RYDE Megan (50min)	4:30pm - 5:30pm POP PILATES Sally	5:45pm - 6:45pm STRONG Sue/Megan		
	5:45pm - 6:45pm BOLLY The Bollywood Workout Sareena/Caitlin	5:45pm - 6:45pm POUND Stacey	6:00pm - 7:30pm BOOT CAMP RYDE Sue/Tanya T.	7:00pm - 8:00pm Yin Yoga Ali		
	7:00pm - 8:00pm Yin Yoga Ali	7:00pm - 8:00pm the bootybarre SCULPT Sareena				

Registration extra and required for **Generation Pound & Little Shakers (6 week sessions)

Download the **SOUL STUDIO** app and PLEASE SIGN UP for classes

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