





Studio opens 15 mins before class starts
Effective January 5, 2019



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING	9:00am - 10:00am Low Impact Zumba Tara	6:15am - 6:55am 40 min TRX Sue	6:00am - 6:50am 50min Ryde Pete	9:00am - 10:00am Low Impact Zumba Stacey	6:15am - 6:45am Xpress 30min Ryde Ashlea	7:45am - 8:45am Bikram Style 60min Yoga Ali	8:00am - 8:50am 50min Ryde Pete
	9:15am - 9:55am 40min Ryde Amie	7:00am - 7:40am 40min SlowRyde Sarah B.	7:00am - 7:45am 45 min Barre Ashlea	9:15am - 9:55am 40min Ryde Megan	7:00am - 7:45am 45 min Barre Ashlea	9:00am - 10:00am Low Impact Zumba Amie	9:00am - 10:00am Barre Ashlea
	10:15am - 11:15am Barre Tara	9:00am - 10:00am Pop Pilates Sally	9:00 am - 10:30am 90min Yin/Yang Yoga Tanya S.	10:15am - 11:15am Burst Barre Tara	8:15am - 8:55am 40min Ryde Sarah B.	9:15am - 10:05am 50min Ryde Sareena	10:15am - 11:15am Zumba Sareena
		10:15 am - 11:30am 75min YIN Yoga Ali			9:00am - 10:00am Barre Sally	10:15am - 11:00am 45 min Barre Megan	11:45am - 1:00pm 75min Yin Yoga Ali
LUNCH	12:05pm - 12:50pm 45 min Barre Megan	12:10pm - 12:50pm 40min Ryde Sareena		12:05pm - 1:00pm 55min Bikram Style Yoga Ali			
					10:15 am - 11:15am Yin Yoga Sherrie	11:10am - 12:00pm 50min Pound Stacey	
EVENING	4:30pm - 5:30pm Bootcamp Jackelin	4:15pm - 5:05pm 50min Ryde Amie	4:30pm - 5:10pm 40min TRX Sue	4:15pm - 4:55pm 40min Ryde Amie	5:00pm - 6:30pm 75 min Combo SURPRISE Surprise/Surprise	50 Classes a WEEK!	
	5:00pm - 5:30pm Xpress 30min SlowRyde Sarah B.	4:30pm - 5:30pm Barre Sally	5:15pm - 5:55pm 40min Ryde Sara L.	5:00pm - 5:45pm 45 min Pop Pilates Sally	7:00pm - 8:15pm 75min Yin Yoga Ali		
	5:45pm - 6:45pm Zumba Stacey	5:45pm - 6:45pm BollyX Caitlin	5:45pm - 6:45pm Pound Stacey	5:15pm - 5:45pm Xpress 30min SlowRyde Sarah B.			
	6:00pm - 6:50pm 50min Ryde Sara L.	7:00pm - 8:00pm Yin Yoga Tanya S.	7:00pm - 8:00pm Bootybarre Sculpt Sareena	6:00pm - 6:45pm 45min Bootcamp Sue			
	7:00pm - 7:45pm 45 min Barre Tara	Download the <u>SOUL STUDIO</u> app and PLEASE SIGN UP for classes					
	8:00pm - 9:00pm Meditation Tanya S.						
	 2709B 43 rd Ave. Vernon, BC V1T 3L2 Email – info@soulstudio.ca ~ soulstudio.ca 						

- Be sure to sign up for class, and check yourself in when you arrive at the studio
- Please make sure you are at class ON TIME, late comers to Ryde classes will NOT be allowed in
- Any classes that require equipment and set up, please be sure to arrive at least 10mins before class starts
- If you can't make class, you MUST cancel at least 1 hour prior to class or late charges of \$5 will apply for every late cancel or no show
- If you are new to Ryde please arrive 15mins ahead so we can take the time to set you up properly