

BODYWORX PILATES & YOGA SCHEDULE

Pilates and Yoga Classes Start - April 2 to May 10, 2024

No Class on Easter Monday April 1 250-339-5540

Monday	Tuesday	Wednesday	Thursday	Friday
	6:30 am Level 1/2 Julie		6:30 am Level 1/2 Julie	
	8:50 am Beginners Julie		9:20 am Level 1/2 Shane	
10:00 am Level 2/3 Julie	10:00 am Level 1/2 Julie	10:00 am Level 1/2 Julie	10:30am Level 1/2 Shane	
3:00 pm Level 1/2 Julie		3:00 pm Level 1/2 Julie		

