

Wood's



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CROSS KICK Fitness Kickboxing meets Cross Training	9:30-10:15am 5:00-5:45pm	5:15pm-6:00pm 6:15pm-6:45pm (CF)	9:30-10am (CF) 7:15-8:00pm	6:30-7:15pm 6:00-6:30pm (CF)	9:30-10:15am 5:15-6:00pm	9:30-10:15am	9:30-10:15am
TRX Suspension Training (additional \$10 per class, or upgrade to Boot Camp Membership for unlimited access)	6:30-7:00pm			5:15-5:45pm		8:30am	
Power Yoga 1 Hour Classes		8:15-9:15pm				8:00-9:00am	

Schedule Begins February 1st 2014

www.premierartialarts.ca

www.crosskickancaster.com

905-777-WOOD (9663)

