

Cambie Community Centre – January – March 31

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
9:15-10:15am	Total Body Conditioning	Dance Fit	Yoga	Dance Fit	Yoga		
10:30-11:30am	Functional Fitness			Ease into Fitness			
12:15-1:00pm	Total Body Conditioning	Yoga	Tabata	Circuit	Yoga		
5:30-6:30pm	Tabata	Circuit	Tabata	Circuit	Tabata		
7:30-8:30pm				Dance Fit			

- For the safety and enjoyment of participants, admittance is not permitted after the first five minutes of class.
- Schedule and instructors are subject to change.
- Check with facility for holiday hours. No classes on statutory or observed statutory holidays.
- Yoga drop-in \$8.30. Not included with visit card.
- Bring water and towel.

Cambie Community Centre
 12800 Cambie Rd.
 604-238-8399
www.richmond.ca/cambie

