

Thompson Community Centre – January – March 31

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
8:45-9:45am						Total Body Conditioning	
9:00-10:00am							Flow Yoga
9:15-10:15am	Functional Training	Step 'n Strength	Functional Training	Step 'n Strength	Ball Workout		
10:00-11:00am						Dance Fit	
10:30-11:30am		Ease Into Fitness		Ease Into Fitness			
11:15am-12:00pm						Dance and Tone	
12:00-1:00pm		Yoga	Yoga	Yoga	Yoga		
5:15-6:15pm		Functional Training					
6:15-7:30pm	Yoga			Yoga			
7:45-9:00pm	Yoga			Yoga			
8:00-9:00pm		Indoor Boot Camp					

- 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.
- Yoga drop-in \$8.30. Not included with visit card.
- Bring water and towel.

Thompson Community Centre
 5151 Granville Ave.
 604-238-8422
www.richmond.ca/thompson

