

Fall Classes
Sept 10th- Dec 21st
15 Weeks

Monday

10:00-11:00am- Soul Yogi (Tanya)
12:10-12:50pm -Soul Circuit (Tanya)
5:30-6:30pm- Soul Fuzion (Tanya)
5:30-6:30pm- Strong Warrior (Emily)

Tuesday

5:00-6:00pm- Strong Upper (Jenna)

Wednesday

6:15-7:00am- Soul Bros (John) starts Oct 17th
10:00- 11:00am- Gentle Warrior (Jess)
11:00-12:00am- Tai Chi (Terry)
12:10-12:50pm- Fuzion Strong (Jess)
1:00-2:00pm- Mama Strong (Jess)
5:30-6:30pm- Soul Warrior (Tanya)
5:30-6:30pm- Strong Spin (Jess)

Thursday

5:00-6:00pm- Strong Lower (Jenna)
5:45-6:45pm- Soul Yogi Flow (Tanya)
6:45-7:45pm- Soul Yin Yogi (Tanya)

Friday

9:30-10:30am- Mama Strong (Jess)
10:00-11:00am-Gentle Warrior (Emily)
12:10- 12:50pm- Strong Warrior (Jenna)

Saturday

8:00-9:00am- Zumba Warrior (Brenda)
8:00-9:00am- Strong Warrior (Jenna)

Soul Bros starts
Oct 18th
Max 10 ppl
8 Weeks
\$120

Home of the *Soul Sista* program!
ONE HEALTH AND FITNESS CENTRE
121fitnessbelleville.com

1 Class = \$205 hst incl
2 Classes= \$370 hst incl
3 Classes= \$510 hst incl

Cash, Cheques or Etransfer accepted.
andreal21fitness@gmail.com