

Genesis Athletic Club Class Schedule

Yellow classes are included with membership. Grey classes must be registered and paid for with the instructor.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM	Spinning Cycle Rob	Bootcamp Shadi	Spinning Cycle Rob	Bootcamp Shadi			
10:00 AM							
10:30 AM							
11:00 AM							Karate Register with http://www.capilanokarate.com/
11:30 AM		Pilates Bootcamp Register with Deborah		Pilates Bootcamp Register with Deborah			
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM	Mobility Register with Amy amy@amykatebowe.com						
5:30 PM							
6:00 PM	Power Flow Yoga Laurie	Karate Register with http://www.capilanokarate.com/	Power Flow Yoga Laurie	Karate Register with http://www.capilanokarate.com/			
6:30 PM							
7:00 PM						Fight Club Register with Nick Marinos (604) 500-4759	
7:30 PM		Fight Club Register with Nick Marinos (604) 500-4759	Bootcamp Shadi	M-Power Training Register with Mehrdad			
8:00 PM	Salsa Register with http://bravodancecompany.com/						
8:30 PM							
9:00 PM			Boxing Drop-in George				
9:30 PM							