


OCTOBER FITNESS AT RISE ADVENTURE & WELLNESS SOLUTIONS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Alignment Yoga-7:30pm-8:30pm – With Jaime	2 *Mom & Baby – 10:30am-11:15am - With Ty *Bootcamp – 6:00pm-7:00pm – With Michelle *Yin Yoga – 7:30pm-8:30pm – With Ty	3	4 *Vinyasa Flow – 10:00am-11:00am – With Ty
5 Class times and availability subject to change. Please refer to our website at www.raws.ca for an up-to-date schedule.	6 *Youth Yoga – 6:00pm-7:00pm - With Leighann *Boys MAX Volleyball Yoga – 7:30pm-8:30pm – With Leighann	7 *Family Bootcamp – 5:15pm-6:15pm – With Jacquelyn *Beginner Bootcamp – 6:30pm-7:30pm With Jacquelyn *Vinyasa/Yin – 8:00pm-9:00pm - With Ty	8 Alignment Yoga-7:30pm-8:30pm – With Jaime	9 *Mom & Baby – 10:30am-11:15am - With Ty *Beginner Bootcamp 6:00pm-7:00pm – With Michelle *Yin Yoga – 7:30pm-8:30pm – With Ty	10	11 *Vinyasa Flow – 10:00am-11:00am – With Ty
12	CLOSED THANKS-GIVING	14 *Family Bootcamp – 5:15pm-6:15pm – With Jacquelyn *Beginner Bootcamp – 6:30pm-7:30pm With Jacquelyn *Vinyasa/Yin – 8:00pm-9:00pm - With Ty	15 Alignment Yoga-7:30pm-8:30pm – With Jaime	16 *Mom & Baby – 10:30am-11:15am - With Ty *Beginner Bootcamp 6:00pm-7:00pm – With Michelle *Yin Yoga – 7:30pm-8:30pm – With Ty	17	18 *Vinyasa Flow – 10:00am-11:00am – With Ty *Youth Yoga –1:30pm – 2:30pm - With Jaime *Family Yoga –3:00pm-4:00pm – With Jaime
19	20 *Youth Yoga – 6:00pm-7:00pm - With Leighann *Boys MAX Volleyball X-training – 8:00pm-9:00pm – With Jacquelyn	21 *Family Bootcamp – 5:15pm-6:15pm – With Jacquelyn *Beginner Bootcamp – 6:30pm-7:30pm With Jacquelyn *Vinyasa/Yin – 8:00pm-9:00pm - With Ty	22 Alignment Yoga-7:30pm-8:30pm – With Jaime	23 *Mom & Baby – 10:30am-11:15am - With Ty *Beginner Bootcamp 6:00pm-7:00pm – With Michelle *Yin Yoga – 7:30pm-8:30pm – With Ty	24	25 *Vinyasa Flow – 10:00am-11:00am – With Ty *Youth Yoga –1:30pm – 2:30pm - With Jaime *Family Yoga –3:00pm-4:00pm – With Jaime
26 START OF NEXT 8 WEEK SESSION...	27 *Youth Yoga – 6:00pm-7:00pm - With Leighann *Girls MAX Volleyball Yoga – 7:30pm-8:30pm – With Leighann	28 *Family Bootcamp – 5:15pm-6:15pm – With Jacquelyn *Beginner Bootcamp – 6:30pm-7:30pm With Jacquelyn *Vinyasa/Yin – 8:00pm-9:00pm - With Ty	29 Alignment Flow Yoga – 9:30am-10:30am – with Jaime Alignment Yoga-7:30pm-8:30pm – With Jaime	30 *Mom & Baby – 10:30am-11:15am - With Ty *Beginner Bootcamp 6:00pm-7:00pm – With Michelle *Yin Yoga – 7:30pm-8:30pm – With Ty	31	