

November subs at Metrotower Fitness

We try our very best to find subs for all the classes. The schedule is subject to change based on Instructor availability.

Schedule changes:

Tuesday 5:05 Flow Yoga - moving forward taught by Lori Crandle

Thursday 4:10 Cycle (Nov 6 to Dec 6) - taught by Joanne

Subs:

Tues nov 6 11:10 Muscle - Marika

12:10 Bootcamp - Tim

Wednesday nov 7 11:10 Body sculpt - Angela

1:10 Zumba - Lara

5:05 Wicked Wednesday - Claire

*No classes Monday Nov 12 - Stat. Holiday *

Friday Nov 23 1:10 Hatha Yoga - Lori

Tues Nov 27th 1:10 Flow Yoga - Ian