

# WEEKLY SCHEDULE

Lasalle

Lachine

Hybrid

| Time     | Mon                  | Tues      | Wed          |                       | Thurs     | Sat      |
|----------|----------------------|-----------|--------------|-----------------------|-----------|----------|
| 6:00 am  | *Bootcamp            |           |              |                       | *Bootcamp |          |
| 7:00 am  | Mobility<br>(Hybrid) |           |              |                       |           |          |
| 9:00 AM  |                      |           |              |                       |           | Mobility |
| 10:00 AM |                      |           |              |                       |           | Bootcamp |
| 5:00 PM  | Bootcamp<br>5:15     |           |              |                       |           |          |
| 6:00 PM  | Bootcamp             | SOKASWEAT | SOKASWEAT    | Bootcamp<br>tentative | Mobility  |          |
| 7:00 PM  |                      |           | Luna Level 1 | Bootcamp              |           |          |

\*4 month contract. Includes both 6am classes. See our terms for more details

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