


FEBRUARY 2010

ADULT DROP-IN CLASS SCHEDULE

Schedule takes place from Monday, February 1st until Sunday, February 28th, 2010.

MONDAY	WEDNESDAY	THURSDAY	SUNDAY
7:30pm – 8:30pm KICKBOXING Fraser	7:30pm – 8:30pm MOM & DAUGHTER YOGA Lisa	7:30pm – 8:30pm KICKBOXING Fraser	10:30am – 11:30am TAP Carol
8:30pm – 9:30pm KICKBOXING Fraser	8:30pm – 9:30pm ZUMBA Tania	8:30pm – 9:30pm HIP HOP Fraser	11:30am – 12:30pm BEGINNER TAP Carol
8:30pm – 9:30pm HIP HOP Meagan	905-763-ViBE (8423)	8:30pm – 9:30pm BELLYDANCE Hayley	<p><i>Wishing you good health and happiness in 2010 and onwards from all of us at</i></p> 
8:30pm – 9:30pm YOGA Lisa	<p><i>Check out the NEW classes for 2010!!</i></p> <p>ZUMBA PARENT & TEEN YOGA</p>		
8:30pm – 9:30pm GPT Marnie & Rena			

ViBE Dance & Fitness Studio
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