














Class Session Schedule

(Manager away this week. **Please visit:** Optimal: <https://optimalbylivnorth.cshape.net/gym2/guestmembership2.aspx?type=VLFC> **OR:** <http://vibrantlivingfitnesscentre.ca/>)

Class Times	Monday Oct 19	Tuesday Oct 20	Wednesday Oct 21	Thursday Oct 22	Friday Oct 23
10:30 am to 10:45 am	Stretch Break For recorded class sessions: http://vibrantlivingfitnesscentre.ca/	Yoga Break 	Stretch Break For recorded class sessions: http://vibrantlivingfitnesscentre.ca/	Yoga Break 	Stretch Break
12:00 noon To 12:30 pm	Muscle Lower Body & ABS (Light to medium loads) For recorded stretch & exercise sessions: http://vibrantlivingfitnesscentre.ca/	Muscle Cardio Or Delts/Shoulder For recorded stretch & exercise sessions: http://vibrantlivingfitnesscentre.ca/	SLL Strong/Long/Lean For recorded stretch & exercise sessions: http://vibrantlivingfitnesscentre.ca/	Upper Body & Cardio Boast For recorded stretch and exercise sessions: http://vibrantlivingfitnesscentre.ca/	Cardio Spurts (Intervals / HIIT)
	OPTIMAL by LivNorth - free and available to all		OPTIMAL by LivNorth - free and available to all		
3:30 pm To 3:45 pm	Yoga Break 	Stretch Break 	Yoga Break 	Stretch Break 	Week of Oct 19th to Oct 23rd, 2020 
			Enjoy! 😊		