

TRISAN LIVE – CLASS SCHEDULE

March 8th – April 1st, 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	Hatha Yoga 9:00 – 9:45am Jane		Bodyweight Bootcamp 9:00 – 9:45am Gwendolyn	Yoga Flow 9:30 – 10:15am Rebecca			
	Body Balance 10:00 – 10:45am Jane		Restorative Yoga Flow 10:00 – 10:45am Gwendolyn	Conditioning 10:30 – 11:15am Rebecca			
EVENING		Body Balance 5:30 – 6:15pm Jane					
	Yoga Flow 7:00 – 7:45pm Gwendolyn	Body Blast 6:30 – 7:15pm Jane	Pilates 7:00 – 7:45pm Gwendolyn				

Preregistration is Required. To register, please visit townshipofking.perfectmind.com

Monthly Package: \$40.00 + HST

Drop-In Fee: \$5.00 + HST

Members who would like to use their existing Unlimited Membership towards Trisan Live can contact aturosky@king.ca to register

Meeting ID: 966 1084 2020 **Passcode:** 493313

Click [Here](#) to Join

*****PLEASE NOTE***: Only participants who have a valid Trisan Live membership and have pre-registered for this class will be admitted to enter beyond the waiting room**