

Sisters in Fitness Schedule (CBS)

Jan 23-Mar 19 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
			9:30am <u>Sister's Trail Striders</u> <i>(60-90 mins duration)</i>		8:30am SIF Running Club
	1:00-2:00 pm <u>NEW!</u> <u>FIT 4 Life</u> Michelle CBS Rec Complex		1:00-2:00 pm <u>Wisdom Warriors</u> Michelle CBS Rec Complex		
	6:30 -7:30 pm <u>Michelle's Ultimate</u> <u>"RESET"</u> Michelle CBS Rec Complex	6:30pm SIF Running Club "HIT" the Hills Training	6:30pm SIF Running Club		
				6:45-7:30 pm <u>NEW!</u> <u>GLOW POUND/</u> <u>Cardio Dance</u> <u>Party</u> Michelle CBS Rec Complex	
7:00-8:00 pm <u>Gentle Yoga Flow</u> Kim & Friends CBS Rec Complex				8:00-9:00 pm <u>Yoga Rocks with</u> <u>Lights</u> Michelle Paradise Studio	