



FUSION FITNESS LTD

Schedule as of September 3, 2008

#310 – 12211 First Avenue, Steveston Village

604 - 275-1110 www.fusionfitnessstudio.com

TIME OF CLASS	MON	TUES	WED	THURS	FRI	SAT	SUN
CALL 604-275-1110 FOR PERSONAL TRAINING ON PILATES REFORMER APPARATUS							
9:15-10:15	Ball & Cardio Class	Reformer	Reformer	Reformer	Reformer		Reformer
10:20-11:20	Reformer	Reformer	Reformer	Reformer	Reformer		Reformer
11:30-12:30			Reformer		Reformer		Reformer
4:00 – 5:00 PM CALL 604-275-1110 FOR PERSONAL TRAINING ON PILATES REFORMER APPARATUS							
5:15-6:00	Reformer	Reformer		Reformer			
6:20 – 7:20	Reformer Pre-Natal Yoga ~ Nina	Reformer	Reformer	Reformer			
7:30-8:30	Candle Light Hatha Yoga ~Nina	Reformer	Reformer	Reformer			

Reformer Classes must have 3 or more pre-registered clients to run.
Check time changes for evening classes.

Check IKEELA YOGA Schedule for more Yoga classes.