



GoodLife FITNESS®

OPENING WEEK CLASS SCHEDULE

Commerce Place **NOVEMBER 24 – 27, 2022**

THURSDAY
NOV 24

6:00 AM
GoodLife YOGA

12:00 PM
LES MILLS
BODYCOMBAT

5:00 PM
LES MILLS
BODYPUMP

FRIDAY
NOV 25

12:00 PM
SoulBody
BARRE™

SATURDAY
NOV 26

9:00 AM
LES MILLS
BODYPUMP

10:10 AM
GoodLife YOGA

SUNDAY
NOV 27

10:00 AM
LES MILLS
BODYCOMBAT

BOOKING FOR CLASSES

For November 24 classes: **NEW!** Call the Sales Centre at (780)421-1719 to sign-up.

FOR CLASSES ON OR AFTER NOVEMBER 25: BOOK THROUGH THE GOODLIFE APP OR MEMBER SITE, AVAILABLE NOVEMBER 24.

Get back to your favourite classes or change up your routine and try something new at the **NEW CLUB!**