ᐃᖃᐃᓕᓴᕐᕕᐅᑉ ᓇᒡᒋᔾᔭᐅ ᓇᒡᒋᔾᔭᐅᓕᖅᑭ ᐱᖓᑦᓯᖅ ᑎᓴᒻᒥᖅ ᑕᓪᓕᕐᒥᖅ ᓈᑦᓯᐅᖑᔭᓛᕐᓂᐊᖅ ᓈᑦᓯᐅᖑᔭᖅ

ᐃᑲᕐᕋᖏᑦ: 6:45-7:45ᐅᓪᓛᒃᑯᑦ 6:45-7:30ᐅᓪᓛᒃᑯᑦ 6:45-7:45ᐅᓪᓛᒃᑯᑦ

BOOTCAMP AQUAFIT BOOTCAMP
ᓇᒡᒋᔾᔭᐅᒥᑦ ᑕᓪᓕᒥᕐᒧᑦ ᐊᒥᓲᖏᑦᑐᑦ ᐃᖃᐃᓕᓴᖅᑐᑦ ᔭᓯ ᐊᒥᓲᖏᑦᑐᑦ ᐃᖃᐃᓕᓴᖅᑐᑦ

6:30ᐅᓪᓛᒃᑯᑦ-10:00ᐅᓐᓄᒃᑯᑦ ᓯᐅᕋ ᑏ. ᓯᐅᕋ ᑏ. 10:00-10:45ᐅᓪᓗᒃᑯᑦ

12:15-12:45ᐅᓪᓗᒃᑯᑦ AQUAFIT
ᓈᑦᓯᐅᖑᔭᓛᕐᓂᐊᖅ AQUA JOGGING

9-ᒥᑦ ᐅᓪᓛᒃᑯᑦ 9-ᒧᑦ ᐅᓐᓄᒃᑯᑦ ᔭᓯ 10:00-11:00ᐅᓪᓗᒃᑯᑦ

12:15-12:45ᐅᓪᓗᒃᑯᑦ 12:15-12:45ᐅᓪᓗᒃᑯᑦ 12:15-12:45ᐅᓪᓗᒃᑯᑦ 12:15-12:45ᐅᓐᓄᒃᑯᑦ 12:15-12:45ᐅᓪᓗᒃᑯᑦ RIP

ᓈᑦᓯᐅᖑᔭᖅ ABS CIRCUIT VINYASA YOGA SPIN HIIT CIRCUIT SPIN

10-ᒥᑦ ᐅᓪᓛᒃᑯᑦ 8-ᒧᑦ ᐅᓐᓄᒃᑯᑦ ᓂᒃ ᐃᐅᕆᑲ ᓯᐅᕋ ᑏ. ᓂᒃ ᓯᐅᕋ ᑏ. 11:15-11:45ᐅᓪᓗᒃᑯᑦ

4:00-4:45ᐅᓐᓄᓴᒃᑯᑦ AXIS

ᐃᓕᓐᓂᐊᕈᑏᑦ Teen Sport (14-18years) 2:00-2:45ᐅᓐᓄᓴᒃᑯᑦ

ᐃᓕᓐᓂᐊᕆᐊᖅᑐᑦ ᓂᒃ 12:00-1:00ᐅᓪᓗᒃᑯᑦ SPIN

*ᐃᓯᕈᑎᓃᑦᑐᐃᓐᓇᐃᑦ 5:30-6:30ᐅᓐᓄᒃᑯᑦ 6:00-7:00ᐅᓐᓄᒃᑯᑦ 5:30-6:30ᐅᓪᓗᒃᑯᑦ 6:00-7:00ᐅᓐᓄᒃᑯᑦ 5:30 - 6:30ᐅᓪᓗᒃᑯᑦ TRANSFORMATION ᓯᐅᕋ ᑏ.

ᓄᒃᑭᒐᓱᑦᑐᑦ RIP TRANSFORMATION VINYASA YOGA TRANSFORMATION ABS CIRCUIT CHALLENGE 4:00-5:00ᐅᓐᓄᓴᒃᑯᑦ

ᐃᖃᐃᓕᓴᕕᔾᔪᐊᖅᑐᑦ ᑎᐅᕋᓐ CHALLENGE ᐃᐅᕆᑲ CHALLENGE ᓂᒃ ᓯᐅᕋ ᐊᐃ. YING YANG YOGA

ᐆᒻᒪᑎᒨᖓᓂᕐᓴᐃᑦ 6:45 pm-7:15pm ᓯᐅᕋ ᐊᐃ. ᓯᓯᐅᕋ ᐊᐃ. 1:15-2:15ᐅᓐᓄᓴᒃᑯᑦ ᐃᐅᕆᑲ

ᐊᐅᓚᔭᓐᓇᖅᑐᑦ 6:45-7:45 ᐅᓐᓄᒃᑯᑦ 6:30-7:15ᐅᓐᓄᒃᑯᑦ 6:45-7:30ᐅᓐᓄᒃᑯᑦ 6:30-7:15ᐅᓐᓄᒃᑯᑦ 6:45-7:30ᐅᓐᓄᒃᑯᑦ TABATA TRAINING

ᐳᐃᔾᔪᕋᕐᕕᒻᒥ POWER YOGA AQX AQUAFIT GROUP STRENGTH AQX AQUAFIT GROUP STRENGTH ᓯᐅᕋ ᐊᐃ.

ᔫᒐ ᑎᐅᕋᓐ ᓂᒃ ᓂᒃ 2:30-3:30ᐅᓐᓄᓴᒃᑯᑦ

ᐊᑎᓕᐅᕐᓯᒪᔪᑦ FLOW YOGA

ᐃᓕᓐᓂᐊᖅᑏᑦ 7:15-7:45ᐅᓐᓄᒃᑯᑦ 7:45-8:15ᐅᓐᓄᒃᑯᑦ ᐃᐅᓪᓯ

*ᐊᑎᓕᐅᕆᐊᓕᒃ HIIT CIRCUIT AXIS

ᐊᑐᖅᑕᐅᓗᐊᖅᐸᖏᑦᑐᑦ ᓂᒃ ᑎᐅᕋ

ᑲᑎᖕᖓᔪᑦ ᐱᓕᒻᒪᓴᖅᑐᑦ

ᐳᐃᔾᔪᕋᕐᕕᖃᕐᕕᒻᒥ ᐃᖃᐃᓕᓴᕐᕕᐅᑉ ᐅᓪᓗᕐᓯᐅᑎᖓᑦ

*ᐃᓕᓐᓂᐊᕈᑎᓄᑦ ᐃᓯᕈᑎᖃᕆᐊᓖᑦ ᐃᓘᓐᓇᑎᒃ ᐃᓕᓐᓂᐊᕈᑏᑦ. ᐱᔨᑦᓯᕋᖅᑎ ᑕᑯᓂᐊᕆᐊᓕᒃ ᐃᑲᕐᕋᐅᑉ ᐊᑕᐅᓯᐅᑉ ᓯᕗᓂᐊᓂ ᐃᓕᓐᓂᐊᓚᐅᖏᓂᕐᒥᓂ ᐃᓯᕈᑎᑖᕐᓂᐊᕐᒪᑕ.

ᔮᓐᓄᐊᕆ 14 - ᐃᐳᕈ 7, 2019

ᐅᑭᐅᒃᑯᑦ ᐅᓪᓗᕐᓯᐅᑦ 2019