

Ron Zalko Fitness & Yoga Group Exercise Schedule

PLEASE BRING YOUR OWN YOGA MATS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15 – 9:15 AM	Flow Yoga	Power Yoga	Power Yoga	Hatha Yoga	Flow Yoga		
9:30 – 10:30 AM	Core Conditioning	RZ Sculpt HIIT	Total Body Training	Total Body Conditioning	RZ Fat Burner		
10:30 – 11:30 AM						RZ Workout	
4:15pm – 5:00pm	Pilates					CLUB HOURS 2021	
5:00 – 6:00 PM	Zumba	Power Yoga	Zumba	Pilates		MON – THURS	7 AM – 9 PM
6:00 – 7:00 PM	Flow Yoga	Pump & Stretch	Fat Burning & Strength Training	RZ Sculpt Dance		FRIDAY	7 AM – 8 PM
7:00 – 8:00 PM	RZ Sculpt Dance	Pilates	Hatha Yoga	Tabata		SAT	10 AM – 6 PM
						SUN	Closed

Ron Zalko Total Body Fitness & Yoga

1807 West 1st Ave. Vancouver – 604-737-4355 – www.ronzalko.com