

Ron Zalko Fitness & Yoga Group Exercise Schedule 2021

PLEASE BRING YOUR OWN YOGA MATS

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------|------------------------------|----------------------|--------------------------------|------------------------------------|-----------------|------------------------|--------------|
| | | | | | | | |
| 8:15 – 9:15 AM | Flow Yoga | Flow Yoga | Hatha Yoga | Hatha Yoga | Flow Yoga | | |
| | | | | | | | |
| 9:30 – 10:30 AM | Low Impact Core Conditioning | RZ Low Impact | Low Impact Total Body Training | Low Impact Total Body Conditioning | Low Impact RZFB | | |
| 10:30 – 11:30 AM | | | | | | Low Impact RZ Workout | |
| | | | | | | CLUB HOURS 2021 | |
| 5:00 – 6:00 PM | Pilates | Flow Yoga | Pilates | Pilates | | MON – THURS | 7 AM – 9 PM |
| 6:00 – 7:00 PM | Flow Yoga | Light Pump & Stretch | Flow Yoga | Low Impact RZ Sculpt | | FRIDAY | 7 AM – 8 PM |
| 7:00 – 8:00 PM | Low Impact RZ Sculpt | Vinyasa Yoga | Hatha Yoga | Total Body Tone | | SAT | 10 AM – 6 PM |
| | | | | | | SUN | Closed |

Ron Zalko Total Body Fitness & Yoga

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