

Ron Zalko Fitness & Yoga Group Exercise Schedule January 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 AM						Low Impact RZ Workout	
						CLUB HOURS JANUARY 2021	
5:00 – 6:00 PM	Pilates	Flow Yoga	Pilates	Pilates		MON – THURS	7 AM – 9 PM
6:00 – 7:00 PM	Pilates	Light Pump & Stretch	Pilates	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

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