

FITNESS CLASSES

Naden and DKYD Gym

NADEN GYM CLASS SCHEDULE

| TIME | MON | TUE | WED | THUR | FRI |
|-----------|----------------------|--------------------|------------------------|------------------------|------------------------------|
| 0630-0715 | Strength FORCE PT | Cardio FORCE PT | Strength FORCE PT | Practice Force Test | Cardio FORCE PT |
| 1100-1145 | | | | | Formation PT FORCE Friday |
| 1205-1250 | Spin | Aquafit | Functional Strength | Swim Skills | Mobility |

DKYD GYM CLASS SCHEDULE

| TIME | MON | TUE | WED | THUR | FRI |
|-----------|----------|----------------------------|----------|------|----------------------------|
| 1205-1250 | Strength | Total Body Conditioning | Strength | Spin | Total Body Conditioning |

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COURS DE CONDITIONNEMENT PHYSIQUE

Naden et gym DKYD

HORAIRE DES COURS AU GYM NADEN

| TEMPS | LUN | MAR | MER | JUE | VEN |
|-----------|--------------------|---------------------|------------------------|-----------------------------|---------------------|
| 0630-0715 | Force TP: Force | Force TP: Cardio | Force TP: Force | Test de force (pratique) | Force TP: Cardio |
| 1100-1145 | | | | | FORCE vendredi |
| 1205-1250 | Cardiovélo | Aquaforme | Force fonctionnelle | Compétences en natation | Mobilité |

HORAIRE DES COURS AU GYM DKYD

| TEMPS | LUN | MAR | MER | JUE | VEN |
|-----------|-------|-------------------------------------|-------|------------|-------------------------------------|
| 1205-1250 | Force | Conditionnement physique complet | Force | Cardiovélo | Conditionnement physique complet |

SUIVEZ-NOUS SUR INSTAGRAM!

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