



View full schedule at www.strongertogethervancouver.com.

SUNDAY, MARCH 1	VIP Fitness & Lifestyle, Peach Pump Class	10:00-11:00 AM
	Eastside Boxing Club, Womxn's Only Interval Class	11:00 AM -12:00 PM
	Movement 108, Movement Combo Class	12:00-1:00 PM
	Club Row, Club Row Class	12:30-1:30 PM
	DANCEPL3Y, Family Dance Party at The Landing	4:00-5:00 PM
	Amber Payne Hepp at The Yoga Root, Restorative Yoga	5:00-6:15 PM
MONDAY, MARCH 2	JennaMaye Fitness, Leg Day Circuit Class	9:30-10:30 AM
	Train of Thought Fitness and Impact Krav Maga, Krava Maga – All Levels (donations matched up to \$1,000 for March 2 and 3 class)	12:00-1:00 PM
	VIP Fitness & Lifestyle, Tom Taylor Knock Out	6:30-7:30 PM
TUESDAY, MARCH 3	Eastside Fitness, FithIIT Class	7:30-8:00 AM
	Eastside Fitness, 5 KM Walk/Run Club	8:15-9:15 AM
	Eastside Fitness, FitCamp Basics Class	9:30-10:30 AM
	Eastside Fitness, Gentle Hatha Yoga	10:45-11:45 AM
	Train of Thought Fitness and Impact Krav Maga, Krava Maga – All Levels (donations matched up to \$1,000 for March 2 and 3 class)	12:00-1:00 PM
	VIP Fitness & Lifestyle, ENGAGE Class (upper body)	6:30-7:30 PM
WEDNESDAY, MARCH 4	Fit4Two, Mom & Baby Spin and Strength	10:30-11:30 AM
	Jewish Community Centre, Aerial Pilates	10:45-11:30 AM
	Groundwork Athletics, Strength n' Sweat Class	2:00-3:00 PM
	Precision Athletics, Bootcamp	3:00-4:00 PM
	VIP Fitness & Lifestyle, VIP Nutrition	6:30-7:30 PM
	Katie McKenzie, The Block Class	6:45-7:45 PM
THURSDAY, MARCH 5	Crossfit Westside, Crossfit Class	7:00-8:00 AM
	Crossfit Westside, Crossfit Class	8:00-9:00 AM
	Jewish Community Centre, Aerial Pilates	9:45-10:30 AM
	Jewish Community Centre, Aerial Pilates (gentle/foundational)	10:45-11:30 AM
	Method Cycling, Classic Ride	12:00-1:00 PM
	Akeisha de Baat at One Thousand Rivers, Dance Fit Cardio	5:00-6:00 PM
	VIP Fitness & Lifestyle, Body Flow Yoga	5:30-6:30 PM
	Syma Shaheen at The Path Yoga Centre, Kundalini Yoga	7:30-8:45 PM
FRIDAY, MARCH 6	Jewish Community Centre, Aerial Pilates	6:45-7:30 AM
	Kitsilano Oxygen Yoga & Fitness, Hot Bar Fusion	9:30-10:30 AM
	Kitsilano Oxygen Yoga & Fitness Hot Power Core	10:45-11:45 AM
	Groundwork Athletics, Strength n' Sweat Class	2:00-3:00 PM
	Elite Performance, PowerFit Class	4:00-5:00 PM
	The Bar Method Vancouver, Bar Method Class	5:00-6:00 PM
	Kitsilano Oxygen Yoga & Fitness, Hot Yoga & Pilates Fusion	5:00-6:00 PM
	Marvill Fitness, Legs and Glutes for Days Class	5:15-6:15 PM
	Marvill Fitness, Sculpt and Core Class	6:15-7:15 PM
	Kitsilano Oxygen Yoga & Fitness, Hot 20/20/20	6:15-7:15 PM
	Formation Studio, Freedom Class	6:20-7:10 PM
	Lagree West – Kitsilano, MegaCardio Class	6:30-7:15 PM

FRIDAY, MARCH 6	Taylor Hill at Gymbox	7:00-8:00 PM
	Kitsilano Oxygen Yoga & Fitness, Zumba (low heat)	7:00-8:00 PM
	VIP Fitness & Lifestyle, Club Life, full body circuit	7:00-8:00 PM
SATURDAY, MARCH 7	Marla Waal at Qi Integrated Health, ELDOA Method	10:00-11:00 AM
	Stronger with Shana at RYU, Circuit Class	10:30-11:30 AM
	Impact Krav Maga, Krav Maga – All Levels	10:30 AM-12:00 PM
	Cadence Cycling Studio, Classic Cadence	10:45-11:45 AM
	Cadence Cycling Studio, Classic Cadence Plus	12:00-1:00 PM
	Barre Belle Kitsilano, Fabulous Barre Belle Class	12:45-1:45 PM
	All-City Athletics, Eight-Count Class	1:00-1:45 PM
	Ballet Lounge, DanceFIT	1:30-2:15 PM
	Barre Belle North Vancouver, Barre Belle Fit	4:00-5:00 PM
	CrossFit Empower, Athletics Class	5:00-6:00 PM
	Stronger Together Vancouver at GYMBOX, Circuit Class and Wrap-Up Party	5:30-7:00 PM