



780.988.SPIN (7746)

**KOREZONE
FITNESS**

www.korezone.com

FALL/WINTER GROUP CLASS SCHEDULE

Check out our website for full class descriptions and studio updates.

MONDAY

5:10-6:10pm
ZUMBA

6:30-8:30pm
EXTREME OUTDOOR
FITNESS

7:30-8:45pm
POWER YOGA

TUESDAY

4:30-5:30pm
K-SQUIRTS

5:30-6:30pm
KORE-KIDZ

7:00-8:30pm
POLE DANCING
PLUS

WEDNESDAY

9:15-10:45am
YOGA FLOW

5:30-6:15pm
SPIN
POWER BY REASON

6:30-8:30pm
EXTREME OUTDOOR
FITNESS

THURSDAY

12:15-1:00pm
SPIN
POWER BY REASON

7:00-8:00pm
ZUMBA

SATURDAY

9:00-9:45am
SPIN
POWER BY REASON

10:00-11:00am
KOREZONE
UNLEASHED

11:00-12:00pm
KOREZONE
KEENAGERS

#203 10575 115st Edmonton AB, T5H 3K4
Free Parking