

WTSC OFF-ICE

Wednesdays

SR STAR JUMP
HARNESS
7 - 7:30

Thursday

ALL LEVELS
YOGA FLOW
6 - 6:50

Email office@wtsc.ca
if you have any questions

Meet in the Nixon
Room

Wear temperature
appropriate
exercise clothes.
Bring your own
water bottle and
running shoes.

Saturday

RISING
STAR/STAR
FITNESS
3:10 - 4

SR STAR
FITNESS
4:10 - 5