

FALL/WINTER SCHEDULE

MONDAY - FRIDAY

4:00PM - 5:00PM

5:30PM - 6:30PM

7:00PM - 8:00PM

8:30PM - 9:30PM

SATURDAY - SUNDAY

9:00AM - 10:00AM

10:30AM - 11:30AM

12:00PM - 1:00PM

1:30PM - 2:30PM

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**HUMBLE.
HUNGRY.
FOCUSED.**

IF YOU'RE READY TO BOOK YOUR TEAM IN, OR TO
FIND OUT MORE INFORMATION ON PRICING AND
PROGRAM DETAILS, CONTACT US AT
INFO@HARMONYFITNESS.CA