



## JUDO

Tuesday & Thursday – 6:30 to 7:30 pm.....Kids & Pre-Teens  
Tuesday & Thursday - 7:30 to 9:00 pm ..... Adults  
Monday & Wednesday – 12:00 to 1:00 pm.....Open  
Friday night or a Saturday morning once a month as a fighting skill class

## TAI-CHI

Monday & Wednesday & Friday..... 10:30 to 11:30 am  
Monday & Wednesday.....6:30 to 7:30 pm

## EXERCISE CLASS

Monday, Tuesday, Wednesday, Thursday & Friday  
5:30 to 6:15 pm.....The Hurricane.

## QIGONG

Monday .....1:15 to 2:15 pm

## Yoga

Thursday ..... 6:00 to 7:00 am  
Monday..... 7:45 to 8:45 pm

Personal Training....Let's set up a time for you & I to get together...

[www.allroundhealthandfitness.ca](http://www.allroundhealthandfitness.ca)

Please call about times before showing up.  
If you have a group we will run a class just for you...just ask

**Bill Shoup**

110 Anne St S unit # 9 or 728-0624