



JANUARY POWERING PANTHERS SCHEDULE

Please see below schedule. Link to access each event will be provided prior on our Panthers Website and calendar.

DATE AND TIME	INSTRUCTOR	MORE ABOUT THEM
JANUARY 7 TH AT 7:00 PM	Chawny Gordon Ocean Blue Fitness	http://oceanbluefitness.ca/ https://www.facebook.com/oceanbluefitnessstudio @chawnygordon OR @oceanbluefitness
JANUARY 12 TH AT 5:30 PM	Callie Murray Tailgate Fitness	http://tailgatefitness.ca/ https://www.facebook.com/tailgatefitnessca @tailgate.fitness
JANUARY 19 TH AT 5:00 PM	Heather Ross Yoga	https://www.facebook.com/YogaWithHeather/ @yoginixo
JANUARY 27 TH AT 5:30 PM	Karen Nixon F45 Fitness	https://f45training.ca/stthomas https://www.facebook.com/f45trainingstthomas @f45_training_stthomas