

## FALL SCHEDULE SEPTEMBER 3 - OCTOBER 31



**SMALL GROUP TRAINING**  
**PERSONAL TRAINING & HEALTH COACHING**  
**CARDIO KICKBOXING**  
**SPECIALTY SMALL GROUP TRAINING**  
**PRE / POST NATAL FITNESS COACHING**

Elite training facility for  
personal training and  
small group fitness

Time/Day	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 AM	BURN30		BURN30		GRID	
7:00 AM		GRID		BURN30		
7:15 AM	KickHIIT		KickHIIT		KickHIIT	
7:45		KickHIIT		KickHIIT		
9:00 AM						GRID
9:30 AM	BURN30		KickHIIT		BURN30	
9:45 AM						KickHIIT
10:15 AM	KickHIIT		GRID		KickHIIT	
10:30 AM						ABS360
11:00 AM						
4:45 PM		COMING SOON	EAT 101 SERIES	COMING SOON		
5:30 PM	KickHIIT	GRID	BURN30	BURN30	KickHIIT	
6:15 PM	BURN30	KickHIIT	KickHIIT	GRID	BURN30	
7:00 PM		COMING SOON		COMING SOON		

Email: [contact@combatclubvan.com](mailto:contact@combatclubvan.com)

Drop our studio by to get more information

Website: [www.combatclubfit.com](http://www.combatclubfit.com)

4055 Cambie Street (King Edward Skytrain) 604.423.2788