



MORNING CLASSES

EVENING CLASSES

M	T	W	Th	F	S

## THE BAO+FIT CLASSES

All sessions are held in the BAO+fit training studio, are approximately 60 minutes and have a maximum of 10 participants per session  
 \*Additional fees may apply, just inquire at the front desk  
 These programs are designed to deliver exceptional results - like nothing else.  
 Every proram has modifications so anyone can participate regardless of their fitness level.  
 All sessions require clearance from our Fitness Director or the Bao+fit coordinator to participate

**905.877.0771**  
**232 A GUELPH STREET, GEORGETOWN**



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