



# LES MILLS BODYVIVE™

“Group Fitness at its Best”

## Schedule

Monday	10 am & 4:30 pm
Wednesday	5:30 pm
Saturday	9:00 am

## Instructors

Tami Bugas  
Tracy Desjardins



Please Print out a Class Pass and Enjoy  
a FREE session on Us



# ONE CLASS PASS

FREE BODYVIVE™ CLASS FOR A FRIEND

