



10 Falconer Dr. Unit 8, Mississauga, Ontario, Canada
www.bodytechwellness.ca
TOLL FREE -1-855-72B-WELL

Cardio-Fat-Blast Schedule

40 Sessions per month!

Saturday Boxing!	11:15am	Preston Fletcher
Sunday Boxing!	10:15am	Tyler Regan
Tuesday Boxing!	8:15pm	Tyler Regan
Thursday Boxing!	8:15pm	Tyler Regan
Sunday Bootcamp!	12:00pm	Daniela Molina
Monday Bootcamp!	7:30pm	Linda Celar
Thursday BootCamp!	7:30pm	Tyler Regan
Saturday 12:15 Boxing!	12:15pm	Preston Fletcher
Wennesday 12:00 BootCamp!	12:00pm	Tyler Regan
Wednesday 8:15pm KickBoxing!	8:15pm	Preston Fletcher