

OCTOBER

FAIRMONT PACIFIC RIM
WELLNESS
CLUB



BOOK NOW



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 7AM Personal Training 8AM Lab Class 9AM Personal Training 10AM Lab Class	2 7AM Personal Training 8AM Lab Class 9AM Personal Training 10AM Lab Class	3 7AM Personal Training 8AM Lab Class 9AM Personal Training 10AM Lab Class
4 7AM Personal Training 8AM Lab Class 9AM Personal Training 10AM Lab Class	5 7AM Personal Training 8AM Lab Class 9AM Personal Training 10AM Lab Class	6 7AM Personal Training 8AM Lab Class 9AM Personal Training 10AM Lab Class	7	8 7AM Personal Training 8AM Lab Class 9AM Personal Training 10AM Lab Class	9 7AM Personal Training 8AM Lab Class 9AM Personal Training 10AM Lab Class	10 7AM Personal Training 8AM Lab Class 9AM Personal Training 10AM Lab Class
11	12 7AM Personal Training 8AM Lab Class 9AM Personal Training 10AM Lab Class	13 7AM Personal Training 8AM Lab Class 9AM Personal Training 10AM Lab Class	14 10AM - 12:45PM Self Care Series x KOLM Kontrast	15 7AM Personal Training 8AM Lab Class 9AM Personal Training 10AM Lab Class	16 7AM Personal Training 8AM Lab Class 9AM Personal Training 10AM Lab Class	17 7AM Personal Training 8AM Lab Class 9AM Personal Training 10AM Lab Class
18 10AM Pilates & Brunch	19 7AM Personal Training 8AM Lab Class 9AM Personal Training 10AM Lab Class	20 7AM Personal Training 8AM Lab Class 9AM Personal Training 10AM Lab Class	21	22 7AM Personal Training 8AM Lab Class 9AM Personal Training 10AM Lab Class	23 7AM Personal Training 8AM Lab Class 9AM Personal Training 10AM Lab Class	24 7AM Personal Training 8AM Lab Class 9AM Personal Training 10AM Lab Class
25 10AM Pilates & Brunch	26 7AM Personal Training 8AM Lab Class 9AM Personal Training 10AM Lab Class	27 7AM Personal Training 8AM Lab Class 9AM Personal Training 10AM Lab Class	28 10AM - 12:45PM Self Care Series x KOLM Kontrast	29 7AM Personal Training 8AM Lab Class 9AM Personal Training 10AM Lab Class	30 7AM Personal Training 8AM Lab Class 9AM Personal Training 10AM Lab Class	31 7AM Personal Training 8AM Lab Class 9AM Personal Training 10AM Lab Class 10AM Pilates & Brunch