



Where fit doesn't mean perfect.

## Power Pacing — Maple Ridge

Winter 2010							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 am		Power Pacing ①②Ⓒ		Power Pacing ①②Ⓒ			
8:45 am	Power Pacing ①②Ⓒ		Power Pacing ①②Ⓒ		Power Pacing ①②Ⓒ	Power Pacing ①②Ⓒ	
9:00 am		Power Pacing ①②Ⓒ		Power Pacing ①②Ⓒ			Power Pacing ①②Ⓒ
10:00 am							
4:25 pm		Power Pacing 50 minutes ①②Ⓒ					
6:00 pm		Power Pacing ②Ⓒ		Power Pacing & Flex ①②Ⓒ			
7:00 pm	Power Pacing & Flex ①②Ⓒ		Power Pacing ①②Ⓒ				

- ① Beginner/Intermediate
- ② Intermediate/Advanced
- Ⓒ Pre-registration required – take a number on arrival