Time	Sunday ___	Monday ___	Tuesday ___	Wednesday ____	Thursday ___	Friday ___	Saturday ___
6:00		Lower Body Strength Training 60 Fitness Room Shelbi	Yoga 1 60 Alexandra	Core Conditioning 60 Fitness Room Kirsten	Vinyasa Flow 1 60 Alexandra	Arms, Back & Chest Strenth Training 60 Fitness Room Shelbi	
6:45			Rise & Ride Cycle 45 Stephanie				
7:15		Rise & Ride Cycle 45 Dina				Rise & Ride Cycle 45 Natalia	
8:15	Cycle 45 Kirsten	Pilates 50 Yoga Denise	Warrior Workout 45 Fitness Room Chris	Cycle 45 Del	Barre 50 Denise	Pilates 50 Yoga Denise	Cycle 45 Del/Denise
9:15	HIRT 60 Peter; Yoga 1 60 Kate	Lower Body Strength Training 60 Fitness Room Karen	Cycle 60 Randy; TRX Full Body 45 Fitness Room Chris; Yoga 1 60 Kate	Core Strength & Stability 60 Fitness Room Gord	Cycle 45 Stephanie S; Body Sculpt 60 Fitness Room; Yoga 2 60 Pauline	Arms, Back & Chest Strenght Training 60 Fitness Room Gord; Vinyasa Flow 1 60 Sien	Body Sculpt 60 Fitness Room Del/; Tai Chi 60 Yoga Studio Nikolas
9:30			$$ Activate - Brain & Body Training, Gord				
10:30	Zumba 60 Steph H; Resorative Yoga 75 Kate	Yoga 1 60 Pauline	Yin Yoga 75 Kate	Zumba Toning Toning 60 Roxana; Iyengar Yoga 1 75 Darcia	Iyengar Yoga 1 Rope 60 Darcia	Yin Yoga 75 Sien; Zumba 60 Roxana	Yoga 2 75 Tanya N./Pauline
12:10		TRX Lower Body 40 Fitness Room Dawn B	HIIT Cardio/Strength 40 Fitness Room Rhonda	Yoga 1 40 Dawn B	HIIT Cardio/Strength 40 Fitness Room Rhonda	Core Ride 40 Cycle & Fitness Room Persis	
4:30		Cycle 30 Del	Cycle 30 Rhonda; Iyengar 1 Rope 60 Darcia	Cycle 30 Karen	Cycle 30 Stephanie; Yoga 1 60 Pauline	Cycle 30 Gord	
5:00		FitCon Circuit 50 Fitness Room Gord	Ignite Cardio Strength Circuit 50 Fitness Room Rhonda		Full Body Strength 50 Fitness Room Steph S	BodyWorks BootCamp 50 Fitness Room Gord	
5:15		Cycle 30 Asia	Cycle 45 Stephanie; $$ Skills & Drills 45 Tom Crts 3,4&5	Cycle HIIT 30 Gord; Body Sculpt 50 Fitness Room Karen	Cycle 45 Asia; $$ Activate Brain & Body Training 45-60 Cage 2 Gord		
5:30		Iyengar Yoga 2 75 Darcia	Yoga 1 60 Kate	Vinyasa Flow 2 75 Kate	Yoga 2 60 Pauline		
6:00		Learn Racquet Ball 45 Court 1 Richard; HIRT 60 Fitness Room Peter	Zumba 60 Fit Rm Jivka	HIRT 60 Fitness Room Peter	Zumba 60 Fitness Room Steph H	Squash Ladies Night 90 Courts 3,4&5	
6:30			6:30 Strength & Stability Shelbi Gym Floor		6:30 Strenght & Stability Shelbi Gym Floor		
7:00		Restorative Yoga 75 Kate	Tai Chi Nikolas Fit Rm; Men's Yoga 1 60 Kate	Yin Yoga 75 Kate	Men's Yoga 1 Jamie		

WEEK: _____