

FITNESS & YOGA SCHEDULE FALL 2022

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00		Fit Happens 55 Cage 1 Shelbi		Animal Abs 55 Cage 1 Shelbi			
8:15			BARRE 55 Denise Group Fitness	Cycle 45 Group Fitness Faye		Pilates 55 Group Fitness Denise	Cycle 45 Group Fitness Denise
9:15	Zumba 55 Group Fitness Jwila	HIT Your Legs 55 Group Fitness Stuart	Cycle 45 Group Fitness Aila	Full Force 55 Group Fitness Marina	Body/Weight Bootcamp 55 Group Fitness Rachel	TRX 55 Group Fitness Gord	HIT Lean Fit 55 Group Fitness Denise
10:30	Restorative Yoga 75 Yoga Studio Kane	Yoga 1 75 Yoga Studio Kane	Rope Yoga 75 Yoga Studio Darcia	All Levels Yoga 75 Yoga Studio Darcia	Yoga 1 75 Yoga Studio Kane	Gentle Flow 75 Yoga Studio Kane	
12:10			Max Bum 40 Group Fitness Gord		Max Bum 40 Group Fitness Aila		
5:15		Yoga 1 75 Yoga Studio Pamela	Yoga 1 75 Yoga Studio Pamela	Rope Yoga 75 Yoga Studio Darcia		5:00pm KOB Bootcamp 55 Cage 1 Gord	
5:30		Body/Weight Bootcamp 55 Group Fitness Rachel	HIRT 55 Cage 1 Peter	Kidbox Bootcamp 55 Cage 2 Stuart	Fit Happens 55 Cage 1 Shelbi	Cycle 45 Group Fitness Aila	
7:00		Yin Yoga 75 Yoga Studio Shri		Yin Yoga 75 Yoga Studio Kane	Restorative Yoga 75 Yoga Studio Shri		

****Please note: Classes are subject to change without notice and may be cancelled if there is low enrollment. Please enroll for your classes ahead of time! ****