

Fall Group Fitness Schedule—Starts Sept 6

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00am-7:50am				CYCLING – 60 MIN 7:00-7:50 Studio 1 Cindy			
8:00am-8:50am					PILATES 8:00-8:50 Studio 1 Sarah	ZUMBA 8:00-8:50 Studio 1 Melissa	
9:00am-9:50am	AQUAFIT* 9:30-10:20 Training Pool Marianne	ZUMBA 9:00-9:50 Studio 2 Tatjana	AQUAFIT* 9:30-10:20 Training Pool Marianne	YOGA** 9:00-9:50 Studio 2 Bobbi	AQUAFIT* 9:30-10:20 Training Pool Marianne	BARRE 9:00-9:50 Studio 1 Melissa	BOOTCAMP 9:00-9:50 Studio 1 Mischa
10:00am-10:50am	YOGA 10:00-10:50 Studio 2 Sofia	SYNRGY 10:00-10:50 Fitness Centre Tiago	BOOTCAMP 10:00-10:50 Studio 2 Janet		SYNRGY 10:00-10:50 Fitness Centre David	SYNRGY 10:00-10:50 Fitness Centre Lawrence	BODY BLAST 10:00-10:50 Studio 1 Mischa
	SYNRGY 10:00-10:50 Fitness Centre David						
11:00am-11:50am					CARDIODRUM 11:00-11:50 Studio 2 Rachel		ZUMBA 11:00-11:50 Studio 1 Melissa
12:00pm-12:50pm	BETTER BONES 12:00-12:50 Studio 2 Marianne	PILATES 12:00-12:50 Studio 2 Sofia	YOGA 12:00-12:50 Studio 2 Ramona	ZUMBA 12:00-12:50 Studio 1 Mylene	ZUMBA 12:00-12:50 Studio 2 Rachel	YOGA 12:00-12:50 Studio 2 Grace	
		AQUAFIT* 12:30-1:20 Training Pool Jon		AQUAYOGA** 12:30-1:20 Training Pool Bobbi			
1:00pm-1:50pm	CYCLING – 30 MIN 1:15-1:45 Studio 2 Marianne				BOSU 1:00-1:30 Studio 2 Marianne		
2:00pm-2:50pm							YOGA 2:00-2:50 Studio 1 Grace
5:00pm-5:30pm	TOTAL CORE 5:15-5:45 Fitness Centre Paul	ZUMBA 5:00-5:50 Studio 1 Ndem	TOTAL CORE 5:30-6:00 Fitness Centre Lawrence	STRETCH AND ROLL 5:00-5:45 Studio 3 Omar	<p>***Tai Chi will start <u>Sept 15</u>.</p> <p>**These classes will start <u>Sept 29</u>.</p> <p>*Please see Sept Aquafit Schedule.</p>	<p>Studio 1</p> <p>Studio 2</p> <p>Studio 3</p> <p>Pool Viewing Gallery Hallway</p>	Fitness Centre
6:00pm-6:50pm	BOOTCAMP 6:00-6:50 Studio 1 Paul	YOGA 6:00-6:50 Studio 2 Grace	CYCLING – 60 6:00-6:50 Studio 3 Lynda	CYCLING – 60 MIN 6:00-6:50 Studio 3 Michael			Pool
7:00pm-7:50pm	MUSCLEWORKS 7:00-7:50 Studio 1 Michael	TRIPLE THREAT 7:00-7:50 Studio 1 Omar	ZUMBA 7:00-7:50 Studio 2 Tatjana	YOGA 7:00-7:50 Studio 1 Michael			Childminding
8:00pm-8:50pm	YOGA 8:00-8:50 Studio 1 Michael	MEDITATION 8:00-8:50 CHILD MINDING Jon	STRETCH AND ROLL 8:00-8:50 Studio 2 Tatjana	TAI CHI*** 8:00-8:50 Pool Hallway Linda			