



164 BASELINE RD. E  
905-697-BODY

FEBRUARY 2018 (BOWMANVILLE)

**MORNING CLASSES**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:30AM-6:20AM		5:30AM-6:20AM		5:30AM-6:30AM		<p align="center"><b>CLUB HOURS</b></p> <p>Monday's 5am-11pm            Tuesday's 5am-11pm            Wednesday's 5am-11pm            Thursday's 5am-11pm            Friday's 5am-11pm            Saturday's 8am-8pm            Sunday's 8am-8pm</p>	
<b>ENDURANCE SPIN</b> LISA		<b>ENDURANCE SPIN</b> HEIDE / SHEENA		<b>SPINNING / ABS</b> HEIDE			
		6:30AM-7:30AM					
		<b>LEARN TO RUN</b> JESSICA					
6:30AM-7:25AM	6:30AM-7:25AM	6:30AM-7:25AM					
<b>YIN YOGA</b> SHEENA	<b>BOOTCAMP BLITZ</b> JESSICA	<b>YOGA</b> SHEENA					
7:30AM-8:10AM	7:30AM-8:30AM	7:30AM-8:10AM	7:30AM-8:10AM	7:00AM-8:00AM			
<b>TOTAL BODY SCULPT</b> SHEENA	<b>YINLATES</b> SHEENA	<b>STEP &amp; CORE</b> LISA / KIM	<b>ARM/AB/BOOT</b> SHEENA	<b>YOGA</b> LISA N			
8:15AM-8:45AM	8:30AM-9:00AM	8:15AM-8:55AM	8:15AM-8:55AM	8:15AM-8:55AM	8:15AM-9:00AM		8:45AM-9:30AM
<b>SPINNING</b> SHEENA	<b>HIIT SPIN</b> HEIDE	<b>ABS &amp; ARMS</b> KIM / SHEENA	<b>SPINNING</b> SHEENA	<b>PILATES/WEIG</b> SHEENA	<b>SPINNING</b> SHEENA / KELLY		<b>SPIN</b> HEIDE
8:50AM-9:30AM	9:05AM-9:30AM		9:00AM-9:40AM	9:15AM-10:00AM	9:15AM-9:55AM	9:35AM-10:30AM	
<b>BEGINNER PILATES</b> SHEENA	<b>SCULPT</b> HEIDE		<b>YIN YOGA</b> SHEENA	<b>SPINNING</b> LISA	<b>PILATES</b> SHEENA / KELLY	<b>YOGA</b> HEIDE	
9:35AM-10:35AM	9:35AM-10:30AM		9:45AM-10:45AM		10:00AM-10:55AM		
<b>20/20/20</b> ZABREE	<b>FLASH DANCE</b> ZABREE		<b>20/20/20</b> ZABREE		<b>YOGA</b> SHEENA / KELLY		
11:45AM-12:30PM							
<b>BEGINNER YIN</b> SCHEENA							

**MIDDAY CLASSES**

1:30PM-2:30PM	12:00PM-1:00PM				11:00AM-12:00PM	
<b>HIP HOT BODY</b> JESSICA	<b>YIN YOGA</b> SHEENA				<b>KICKBOXING</b> ERIN	

**EVENING CLASSES**

4:40PM-5:40PM	4:30PM-5:25 PM	4:30PM-5:25PM	4:30PM-5:15 PM		3:00PM-3:45PM
<b>HIIT BOOTCAMP</b> KAREN	<b>YOGA</b> LISA N	<b>YOGA</b> SHEENA / JANIS	<b>YOGA</b> KIM / KELLY		<b>SPIN TO BEAT</b> LISA C
5:45PM-6:25PM	5:30PM-6:15 PM	5:30PM-6:10PM	5:15PM-6:00PM	5:30PM-6:15PM	<p align="center"><b>PLAYCARE HOURS</b></p> <p>Mon - Thurs 8am-12pm            Mon - Thurs 4pm-8pm            Fridays 8am-12pm            Sat - Sun 8am-12pm</p>
<b>SPINNING</b> KIM	<b>KICKBOXING</b> ERIN	<b>CARDIO BLAST</b> IRENE	<b>SPINNING</b> LISA / KIM	<b>KICKBOXING</b> IRENE	
6:30PM-7:15PM	6:15PM-6:55 PM	6:15PM-6:55PM	6:05PM-6:45PM	6:15PM-7:15PM	
<b>POWER YOGA</b> KIM	<b>AB/BOOT/LEG</b> ERIN	<b>BODY TONE</b> IRENE	<b>PILATES</b> KIM / LISA <b>New!</b>	<b>YOGA</b> JANIS	
7:30PM-8:30PM	7:00PM-8:00PM	7:00PM-8:00PM	7:00PM-8:00PM		
<b>OCCUPIED</b> TEAM TRAINING BOOKED STUDIO	<b>ZUMBA ©</b> COLLEEN <b>New!</b>	<b>SPIN TO BEAT</b> LISA	<b>OCCUPIED</b> TEAM TRAINING BOOKED STUDIO		