164 BASELINE RD. E
905-697-BODY

APRIL 2018 (BOWMANVILLE)

MORNING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM-6:20AM		5:30AM-6:20AM		5:30AM-6:30AM		
ENDURANCE SPIN LISA		**ENDURANCE SPIN** HEIDE / SHEENA		**SPINNING / ABS** HEIDE		
		6:30AM-7:30AM				
		LEARN TO RUN JESSICA *Will cancel as of April 23*				
6:30AM-7:25AM	6:30AM-7:25AM	6:30AM-7:25AM				
YIN YOGA SHEENA	**BOOTCAMP BLITZ** JESSICA *Will cancel as of April 23*	**YOGA** SHEENA				
7:30AM-8:10AM	7:30AM-8:30AM	7:30AM-8:10AM	7:30AM-8:10AM	7:00AM-8:00AM		
TOTAL BODY SCULPT SHEENA	**YINLATES** SHEENA	**STEP & CORE** LISA / KIM	**ARM/AB/BOOT** SHEENA	**YOGA** 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
SPINNING SHEENA	**HIIT SPIN** HEIDE	**ABS & ARMS** KIM / SHEENA	**SPINNING** SHEENA	**PILATES/WEIG** SHEENA	**SPINNING** SHEENA / KELLY	**SPIN** HEIDE
8:50AM-9:30AM	9:05AM-9:30AM	10:00AM-11:00am	9:05AM-9:55AM	9:15AM-10:00AM	9:15AM-9:55AM	9:35AM-10:30AM
BEGINNER PILATES SHEENA	**SCULPT** HEIDE	**OCCUPIED** TEAM TRAINING **BOOKED STUDIO**	**YIN YOGA** SHEENA	**SPINNING** LISA	**PILATES** SHEENA / KELLY	**YOGA** HEIDE
9:35AM-10:35AM	9:35AM-10:30AM				10:00AM-10:55AM	
20/20/20 ZABREE	**FLASH DANCE** ZABREE				**YOGA** SHEENA / KELLY	
11:45AM-12:45PM						
BEGINNER YIN SCHEENA						

CLUB HOURS

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

MIDDAY CLASSES

1:30PM-2:30PM	12:00PM-1:00PM				11:00AM-12:00PM	
HIP HOT BODY JESSICA	**YIN YOGA** SHEENA				**KICKBOXING** ERIN	

EVENING CLASSES

4:40PM-5:40PM	4:30PM-5:25 PM	4:30PM-5:25PM	4:30PM-5:15 PM			
HIIT BOOTCAMP KAREN	**YOGA** LISA N	**YOGA** JANIS	**YOGA** KIM / KELLY			
5:45PM-6:40PM	5:30PM-6:15 PM	5:30PM-6:10PM	5:15PM-6:00PM			
POWER YOGA KIM	**KICKBOXING** ERIN	**CARDIO BLAST** IRENE	**SPINNING** LISA / KIM			
6:45PM-7:15PM	6:15PM-6:55 PM	6:15PM-6:55PM	6:00PM-6:45PM	6:15PM-7:15PM		
PILATES FUSION KIM	**BODY BLAST** ERIN	**BODY TONE** IRENE	**PILATES** KIM / LISA **New!**	**YOGA** JANIS		
7:30PM-8:30PM		7:00PM-8:00PM	7:00PM-8:00PM			
OCCUPIED TEAM TRAINING **BOOKED STUDIO**		**SPIN TO BEAT** LISA	**OCCUPIED** TEAM TRAINING **BOOKED STUDIO**			

PLAYCARE HOURS

Mon - Thurs	8am-12pm
Mon - Thurs	4pm-8pm
Fridays	8am-12pm
Sat - Sun	8am-12pm