164 BASELINE RD. E
905-697-BODY

**AUGUST 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 | | | | |
| 6:30AM-7:25AM | 6:30AM-7:25AM | 6:30AM-7:25AM | 6:30AM-7:25AM | | | |
| **YIN YOGA** SHEENA | **BOOTCAMP BLITZ** JESSICA | **YOGA** SHEENA | **BOXFIT** Jessica **Starts June 14th** | | | |
| 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 & ABS** 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 | |
| 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 | | | | | |
| **HIP HOT BODY** JESSICA | **YIN YOGA** SHEENA | | | | | |

## EVENING CLASSES

| | | | | | | |
|---|---|---|---|---|---|---|
| 4:40PM-5:40PM | 4:30PM-5:25 PM | 4:30PM-5:25PM | 4:30PM-5:30 PM | | | |
| **HIIT BOOTCAMP** KAREN | **YOGA** LISA N | **YOGA** JANIS | **YOGA** KIM / KELLY | 5:30- 6:15pm **Turbo Kick** Coleen | | |
| 5:45PM-6:40PM | 5:30PM-6:15 PM | 5:30PM-6:10PM | | 6:15-7:15 | | |
| **POWER YOGA** KIM | | **CARDIO BLAST** IRENE | | **Yoga** Janis | | |
| 6:45PM-7:15PM | 6:15PM-6:55 PM | 6:15PM-6:55PM | | | | |
| **PILATE FUSION** KIM | | **BODY TONE** IRENE | | | | |
| 7:30PM-8:30PM | 7-8 pm | 7:00PM-8:00PM | 7:00PM-8:00PM | | | |
| **OCCUPIED** TEAM TRAINING **BOOKED STUDIO** | | **SPIN TO BEAT** LISA | | | | |

**PLAYCARE HOURS**

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