

725 BLOOR ST. W., OSHAWA



905-433-3832

AUGUST 1ST

FITNESS STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15-10:15 CARDIO CROSS SUE	9:15-10:15 STRENGTH&TONE SUE	9:15-10:15 CARDIO DANCE ROBIN	9:15-10:15 STRENGTH&TONE ROBIN	9:15-10:15 PILATES ROBIN		
			10:30-11:30 STRETCH ROBIN			
12:15-1:00 ZUMBA GOLD BRIGITTA	12:15-1:00 ABS & LEGS KAREN	12:15-1:00 ABS & ARMS CHRISTINA	12:15-1:00 TABATA ROBIN	12:15-1:00 PILATES SUE	9:00-10:00 DRUMFLEX DANIELLE	9:30-10:30 YOGA ALMA
5:30-6:30 **NEW CLASS** DRUMFLEX DANIELLE	5:00-6:00 YOGA ALMA	5:00-6:00 YOGA ALMA	5:00-6:00 CARDIO FUSION WITH STEP SUE		<p>BODY BOOMERS & MOTOR CITY BOXING MERGE (WHITBY) ASK A MEMBERSHIP COORDINATOR FOR MEMBERSHIP DETAILS!!!! www.motorcityboxingclub.com</p>	
6:30-7:30 CARDIO/STRENGTH TANYA	6:00-7:00 CARDIO/WEIGHT ABS SUE	6:00-7:00 PILATES ROBIN				
7:30-8:00 CORE CONDITIONING TANYA						

SPIN STUDIO

	6:00-7:00 SPIN JOEL		6:00-7:00 SPIN JOEL																											
8:45-9:15 SPIN SUE		9:00-10:00 SPIN & SCIII PT SUE		9:15-10:15 SPIN JOEL		8:30-9:30 SPIN BOOTCAMP ROBIN																								
					<table border="1"> <thead> <tr> <th colspan="2">CLUB HOURS</th> <th>PLAYCARE</th> </tr> </thead> <tbody> <tr> <td>MONDAY</td> <td>4:30AM-12:00AM</td> <td>9AM-1PM&4PM-8PM</td> </tr> <tr> <td>TUESDAY</td> <td>4:30AM-12:00AM</td> <td>9AM-1PM&4PM-8PM</td> </tr> <tr> <td>WEDNESDAY</td> <td>4:30AM-12:00AM</td> <td>9AM-1PM&4PM-8PM</td> </tr> <tr> <td>THURSDAY</td> <td>4:30AM-12:00AM</td> <td>9AM-1PM&4PM-8PM</td> </tr> <tr> <td>FRIDAY</td> <td>4:30AM-11:00PM</td> <td>9:00AM-1:00PM</td> </tr> <tr> <td>SATURDAY</td> <td>8:00AM-8:00PM</td> <td>9:00AM-1:00PM</td> </tr> <tr> <td>SUNDAY</td> <td>8:00AM-8:00PM</td> <td></td> </tr> </tbody> </table>		CLUB HOURS		PLAYCARE	MONDAY	4:30AM-12:00AM	9AM-1PM&4PM-8PM	TUESDAY	4:30AM-12:00AM	9AM-1PM&4PM-8PM	WEDNESDAY	4:30AM-12:00AM	9AM-1PM&4PM-8PM	THURSDAY	4:30AM-12:00AM	9AM-1PM&4PM-8PM	FRIDAY	4:30AM-11:00PM	9:00AM-1:00PM	SATURDAY	8:00AM-8:00PM	9:00AM-1:00PM	SUNDAY	8:00AM-8:00PM	
CLUB HOURS		PLAYCARE																												
MONDAY	4:30AM-12:00AM	9AM-1PM&4PM-8PM																												
TUESDAY	4:30AM-12:00AM	9AM-1PM&4PM-8PM																												
WEDNESDAY	4:30AM-12:00AM	9AM-1PM&4PM-8PM																												
THURSDAY	4:30AM-12:00AM	9AM-1PM&4PM-8PM																												
FRIDAY	4:30AM-11:00PM	9:00AM-1:00PM																												
SATURDAY	8:00AM-8:00PM	9:00AM-1:00PM																												
SUNDAY	8:00AM-8:00PM																													
4:30-5:30 SPIN RHONDA		7:15-8:00 SPIN ROBIN																												

www.ultimatefitnessclub.ca