

725 BLOOR ST. W., OSHAWA



905-433-3832

MARCH 1 2020

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		
					<p>BODY BOOMERS & MOTOR CITY BOXING MERGE (WHITBY) ASK A MEMBERSHIP COORDINATOR FOR MEMBERSHIP DETAILS!!!! www.motorcityboxingclub.com</p>			
5:15-6 BELL OF THE BALL DANIELLE	5:00-6:00 YOGA ALMA	5:00-6:00 YOGA ALMA	5:00-6:00 CARDIO FUSION WITH STEP SUE					
6:30-7:15 CARDIO/STRENGTH TANYA	6:00-7:00 CARDIO/WEIGHT ABS SUE	6:00-7:00 PILATES ROBIN						
7:15-7:45 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 & SCULPT SUE		9:15-10:15 SPIN JOEL		8:30-9:30 SPIN BOOTCAMP ROBIN

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	

www.ultimatefitnessclub.ca