

725 BLOOR ST. W., OSHAWA



905-433-3832

SEPTEMBER 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 ZABREE		
			10:30-11:30 STRETCH ROBIN	10:30-11:30 ZUMBA COLLEEN		
12:15-1:00 ZUMBA GOLD BRIGITTA	12:15-1:00 TABATA KAREN	12:15-1:00 ABS & LEGS CHRISTINA	12:15-1:00 PILATES ROBIN	12:15-1:00 ABS & ARMS SUE	9:00-10:00 DRUNFLEX DANIELLE	9:30-10:30 YOGA ALMA
5:30-6:30 YOGA STRETCH TANYA					<p>BODY BOOMERS & MOTOR CITY BOXING MERGE (WHITBY) ASK A MEMBERSHIP COORDINATOR FOR MEMBERSHIP DETAILS!!!! www.motorcityboxingclub.com</p>	
6:30-7:30 P90X TANYA	5:00-6:00 YOGA TANYA	5:00-6:00 YOGA ALMA	5:00-6:00 CARDIO FUSION WITH STEP SUE			
7:30-8:00 HARD CORE TANYA	6:00-7:00 CARDIO/WEIGHT ABS SUE	6:00-7:00 PILATES ROBIN				
		7:00-8:00 ZUMBA COLLEEN	7:00-8:00 ZUMBA FIT TONING COLLEEN			

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	9:00-10:00 SPIN BOOTCAMP ROBIN

CLUB HOURS

PLAYCARE

4:30-5:30 SPIN RHONDA				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