



905-697-BODY (2639) 164 Baseline Road East, Bowmanville Ontario

# GROUP FITNESS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday Morning
ornir	5:45 - 6:25 SPIN 'N'GO LISA	5:45-6:25 SPIN 'N'GO SHEENA/LISA	5:45 - 6:25 SPIN 'N' GO HEIDE/ SHEENA	5:45 - 6:25 SPIN ' N' GO HEIDE/LISA		8:15 - 9:00 SPINNING SHEENA / KELLY
	6:35 - 7:25 YIN YOGA SHEENA	6:30-7:25 - Danielle 6:30-7 - Weight Training 7:00 - 7:25am - HITT	6:35 - 7:25 YOGA SHEENA	6:30 - 7:25 Soul Body Barre DANIELLE	6:30 - 7:00 QUICK SPIN SHEENA	9:05 - 9:45 PILATES SHEENA / KELLY
	7:30 - 8:10 BEACH BOOTY/ABS SHEENA	7:30 - 8:20 YINLATES SHEENA	7:30 - 8:10 STEP & CORE LISA N / KIM	7:30 - 8:10 ARM/AB/BOOT SHEENA	7:05 - 8:05 YOGA LISA N	9:50 - 11:15 YIN YANG YOGA SHEENA / KELLY
	8:15 - 8:45 SPINNING SHEENA	8:20 - 9:05 HIIT SPIN HEIDE	8:15 - 8:55 ABS & ARMS KIM / SHEENA	8:15 - 8:55 SPINNING SHEENA	8:15 - 8:55 PILATES & WEIGHTS SHEENA	<b>Sunday Morning</b> 8:30 - 9:15 SPIN HEIDE
	8:50 - 9:30 BEGINNER PILATES SHEENA	9:05 - 9:30 ABS and Stretch for Athletes HEIDE	9:00 - 9:40 ABS BOOTCAMP ZABREE	9:05 - 9:55 YIN YOGA SHEENA	9:05 - 9:50 SPINNING LISA	9:20 - 10:05 YOGA HEIDE
	9:35 - 10:35 ARMS and ABS ZABREE	9:35 - 10:15 BOOTAY BURN ZABREE	9:45 - 10:30 YOGA STRETCH ZABREE	10:00 - 11:00 TOTAL BODY BLAST ZABREE		
		10:20 - 11:05 FLASHDANCE ZABREE	11:15 - 12:40 YIN / YANG SHEENA			
	11:45 - 1:10 YIN YOGA SHEENA	12:00 - 1:00 YIN YOGA SHEENA				
	id-D					4:00-4:55 PILATES/MEDITATION TWIST BRIGITA
4:45 - 5:45 ULTIMATE BOOTY KAREN		4:30 - 5:25 YOGA LISA N / LOUISE	5:30 - 6:10 CARDIO BLAST IRENE	4:30 - 5:30 YIN YOGA KELLY		
on a	5:45 - 6:55 YIN YANG YOGA KIM	5:30 - 6:15 KICKBOXING IRENE	5:30 - 6:10 CARDIO BLAST IRENE	5:45 - 6:25 PILATES LISA		<b>PLAYCARE HOURS</b> Mon - Thurs: 9am-1pm Mon - Thurs: 4pm-8pm Fri: 9am-1pm Sat - Sun: 8am-12pm
		6:15 - 6:55 SCULPT & STRETCH IRENE	6:15 - 6:55 BODY TONE IRENE	6:30 - 7:05 QUICK SPIN LISA		
		7:00 - 8:00 POUNDFIT KAREN	7:00 - 7:45 SPIN TO THE BEAT LISA			



164 BASELINE RD. E  
905-697-BODY

Bowmanville - October 2019

MORNING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45AM-6:20AM		5:45AM-6:30AM		5:30AM-6:30AM	<b>CLUB HOURS</b>	
<b>SPIN 'N' GO</b>		<b>SPIN 'N' GO</b>				
LISA		HEIDE / SHEENA				
6:35AM-7:25AM	6:30AM-7:25AM	6:35AM-7:25AM	6:25AM-7:25AM	6:30AM - 7:00AM	Monday's	5am-11pm
<b>YIN YOGA</b>	<b>P90X</b>	<b>YOGA</b>	<b>BOOTCAMP</b>	<b>QUICK SPIN</b>	Tuesday's	5am-11pm
SHEENA	JESSICA	SHEENA	JESSICA	SHEENA	Wednesday's	5am-11pm
					Thursday's	5am-11pm
					Friday's	5am-11pm
7:30AM-8:10AM	7:30AM-8:30AM	7:30AM-8:10AM	7:30AM-8:10AM	7:05AM-8:05AM	Saturday's	8am-8pm
<b>TOTAL BODY SCULPT</b>	<b>YINLATES</b>	<b>STEP &amp; CORE</b>	<b>ARM/AB/BOOT</b>	<b>YOGA</b>	Sunday's	8am-8pm
SHEENA	SHEENA	LISA / KIM	SHEENA	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	8:30AM-9:15AM
<b>SPINNING</b>	<b>HIIT SPIN</b>	<b>ABS &amp; ARMS</b>	<b>SPINNING</b>	<b>PILATES &amp; WEIGHTS</b>	<b>SPINNING</b>	<b>SPIN</b>
SHEENA	HEIDE	KIM / SHEENA	SHEENA	SHEENA	SHEENA / KELLY	HEIDE
8:50AM-9:30AM	9:05AM-9:30AM	9:30AM-10:55am	9:05AM-9:55AM	9:05AM-9:50AM	9:05AM-9:45AM	9:20-10:05AM
<b>BEGINNER PILATES</b>	<b>ABS and Fuctional Stretch for Athletes</b>		<b>YIN YOGA</b>	<b>SPINNING</b>	<b>PILATES</b>	
SHEENA	HEIDE		SHEENA	LISA	SHEENA / KELLY	YOGA HEIDE
9:35AM-10:35AM	9:30AM-10:15AM	11:15-12:40	10:00AM-11:00AM		9:50am-11:15am	
<b>ARMS and ABS</b>	<b>BOOTAY BURN</b>	<b>YIN / YANG</b>			<b>YIN YANG YOGA</b>	
Zabree	Zabree	Sheena			SHEENA / KELLY	
11:45AM-1:10PM	10:20AM - 11:15AM		11:15-12:15PM			
<b>YIN YOGA</b>	<b>FLASHDANCE</b>					
SHEENA	Zabree					

MIDDAY CLASSES

1:30PM-2:30PM	12:00PM-1:00PM					
<b>HITT CLASS</b>	<b>YIN YOGA</b>					
(Interval training)						
JESSICA	SHEENA					

EVENING CLASSES

4:45PM-5:45PM	4:30PM-5:25 PM	4:30PM-5:25PM	4:30PM-5:30PM	3:30-4:25		
<b>ULTIMATE BOOTY</b>	<b>YOGA</b>	<b>YOGA</b>	<b>YIN YOGA</b>	<b>PILATES W/ MEDITATION TWIST</b>		
KAREN	LISA / LOUISE	JANIS	KELLY	Brigita		
5:45PM-6:55PM	5:30PM-6:15 PM	5:30PM-6:10PM	5:45PM-6:25PM	4:30-5:30PM	<b>PLAYCARE HOURS</b>	
<b>Ying and Yang</b>	<b>KICKBOXING</b>	<b>CARDIO BLAST</b>	<b>PILATES</b>	<b>Yin Yoga</b>		
KIM	IRENE	IRENE	LISA	Janis		
	6:15PM-6:55 PM	6:15PM-6:55PM	6:30PM-7:00PM			
	<b>SCULPT &amp; STRETCH</b>	<b>BODY TONE</b>	<b>QUICK SPIN</b>			
	IRENE	IRENE	LISA		Mon - Thurs	9am-1pm
					Mon - Thurs	4pm-8pm
7:30PM-8:30PM	7:00PM-8:00PM	7:00PM-7:45PM	7:00PM-8:00PM		Fridays	9am-1pm
	<b>POUNDFIT</b>	<b>Spin to the Beat</b>			Sat - Sun	8am-12pm
	KAREN	LISA				