

Bowmanville - Janurary 2019

## MORNING CLASSES

YIN YOGA         SHEENA       7:30AM-8:10AM       7:30         TOTAL BODY SCULPT       Y         SHEENA       8:30         SPINNING       H         SHEENA       8:50AM-9:30AM       9:05         BEGINNER PILATES       Stretc         SHEENA       9:35AM-10         ABS and ARMS       BOO	0AM-7:25AM P90X	5:30AM-6:20AM  ENDURANCE SPIN  HEIDE / SHEENA		5:30AM-6:30AM <b>SPIN</b> HEIDE		SUNDAY
LISA						
6:30AM-7:25AM 6:30 YIN YOGA  SHEENA  7:30AM-8:10AM 7:30  TOTAL BODY SCULPT  SHEENA  8:15AM-8:45AM 8:30  SPINNING SHEENA  8:50AM-9:30AM 9:05  BEGINNER PILATES SHEENA  9:35AM-10:35AM 9:35AM-1  ABS and ARMS BOU  ZABREE  12:00PM-1:00PM BEGINNER YIN		HEIDE / SHEENA		HEIDE	CLUB HOURS	
YIN YOGA           SHEENA         7:30AM-8:10AM         7:30           TOTAL BODY SCULPT         Y           SHEENA         8:30           8:15AM-8:45AM         8:30           SPINNING         H           SHEENA         8:50AM-9:30AM           BEGINNER PILATES         Stretc           SHEENA         9:35AM-1           ABS and ARMS         BOO           ZABREE         12:00PM-1:00PM           BEGINNER YIN         10.00						
YIN YOGA           SHEENA         7:30AM-8:10AM         7:30           TOTAL BODY SCULPT         Y           SHEENA         8:30           8:15AM-8:45AM         8:30           SPINNING         H           SHEENA         9:05           BEGINNER PILATES         Stretc           SHEENA         9:35AM-1           ABS and ARMS         BOO           ZABREE         12:00PM-1:00PM           BEGINNER YIN         10.00					Monday's	5am-11pm
YIN YOGA  SHEENA  7:30AM-8:10AM  7:30  TOTAL BODY SCULPT  SHEENA  8:15AM-8:45AM  SPINNING  SHEENA  8:50AM-9:30AM  9:05  BEGINNER PILATES  SHEENA  9:35AM-10:35AM  ABS and ARMS  ZABREE  12:00PM-1:00PM  BEGINNER YIN					Tuesday's	5am-11pm
YIN YOGA  SHEENA  7:30AM-8:10AM  7:30  TOTAL BODY SCULPT  SHEENA  8:15AM-8:45AM  SPINNING  SHEENA  8:50AM-9:30AM  9:05  BEGINNER PILATES  SHEENA  9:35AM-10:35AM  ABS and ARMS  ZABREE  12:00PM-1:00PM  BEGINNER YIN					Wednesday's	5am-11pm
YIN YOGA  SHEENA  7:30AM-8:10AM  7:30  TOTAL BODY SCULPT  SHEENA  8:15AM-8:45AM  SPINNING  SHEENA  8:50AM-9:30AM  9:05  BEGINNER PILATES  SHEENA  9:35AM-10:35AM  ABS and ARMS  ZABREE  12:00PM-1:00PM  BEGINNER YIN					Thursday's	5am-11pm
YIN YOGA  SHEENA  7:30AM-8:10AM  7:30  TOTAL BODY SCULPT  SHEENA  8:15AM-8:45AM  SPINNING  SHEENA  8:50AM-9:30AM  9:05  BEGINNER PILATES  SHEENA  9:35AM-10:35AM  ABS and ARMS  ZABREE  12:00PM-1:00PM  BEGINNER YIN					Friday's	5am-11pm
SHEENA 7:30AM-8:10AM 7:30  TOTAL BODY SCULPT Y  SHEENA 8:45AM 8:30  SPINNING 8  SHEENA 9:30AM 9:05  BEGINNER PILATES Stretc  SHEENA 9:35AM-10:35AM 9:35AM-1  ABS and ARMS BOOM  ZABREE 12:00PM-1:00PM  BEGINNER YIN	P90X	6:30AM-7:25AM	6:25AM-7:25AM		Saturday's	8am-8pm
7:30AM-8:10AM 7:30  TOTAL BODY SCULPT Y  SHEENA 8:15AM-8:45AM 8:30  SPINNING H  SHEENA 9:35AM-9:30AM 9:05  SHEENA ABS Stretc  SHEENA 9:35AM-10:35AM 9:35AM-1  ABS and ARMS BOOM  ZABREE 12:00PM-1:00PM  BEGINNER YIN		YOGA	ВООТСАМР		Sunday's	8am-8pm
### SHEENA ### SHEENA ### SHEENA ### SHEENA ### STREENA ### STREEN	JESSICA	SHEENA	JESSICA			
SHEENA   S	0414 9:20414	7:30AM-8:10AM	7,20000 9,40000	7:00AM-8:00AM		
SHEENA 8:30  SPINNING H SHEENA 9:05  SHEENA 9:05  BEGINNER PILATES Stretc  SHEENA 9:35AM-10:35AM 9:35AM-1  ABS and ARMS BOOK  ZABREE 12:00PM-1:00PM  BEGINNER YIN	0AM-8:30AM	7:30AIVI-8:TUAIVI	7:30AM-8:10AM	7:00AM-8:00AM		
8:15AM-8:45AM 8:30  SPINNING SHEENA  8:50AM-9:30AM 9:05  BEGINNER PILATES SHEENA  9:35AM-10:35AM 9:35AM-1  ABS and ARMS ZABREE  12:00PM-1:00PM BEGINNER YIN	YINLATES	STEP & CORE	ARM/AB/BOOT	YOGA		
8:15AM-8:45AM 8:30  SPINNING SHEENA  8:50AM-9:30AM 9:05  BEGINNER PILATES SHEENA  9:35AM-10:35AM 9:35AM-1  ABS and ARMS ZABREE  12:00PM-1:00PM BEGINNER YIN	SHEENA	LISA / KIM	SHEENA	LISA N		
SPINNING SHEENA  8:50AM-9:30AM 9:05 BEGINNER PILATES SHEENA  9:35AM-10:35AM 9:35AM-1 ABS and ARMS ZABREE  12:00PM-1:00PM BEGINNER YIN						
SHEENA         8:50AM-9:30AM       9:05         BEGINNER PILATES       ABS 3         SHEENA       9:35AM-10:35AM         ABS and ARMS       BOO         ZABREE       12:00PM-1:00PM         BEGINNER YIN       BOO	0AM-9:00AM	8:15AM-8:55AM	8:15AM-8:55AM	8:15AM-8:55AM	8:15AM-9:00AM	8:45AM-9:30AM
8:50AM-9:30AM 9:05  BEGINNER PILATES Stretc  SHEENA  9:35AM-10:35AM 9:35AM-1  ABS and ARMS BOO  ZABREE  12:00PM-1:00PM  BEGINNER YIN	HIIT SPIN	ABS & ARMS	SPINNING	PILATES & WEIGHTS	SPINNING	SPIN
BEGINNER PILATES SHEENA  9:35AM-10:35AM 9:35AM-1  ABS and ARMS ZABREE  12:00PM-1:00PM BEGINNER YIN	HEIDE	KIM / SHEENA	SHEENA	SHEENA	SHEENA / KELLY	HEIDE
SHEENA  9:35AM-10:35AM  9:35AM-1  ABS and ARMS  ZABREE  12:00PM-1:00PM  BEGINNER YIN	5AM-9:30AM	10:00AM-11:00am	9:05AM-9:55AM	9:15AM-10:00AM	9:05AM-9:45AM	9;35-10:30AM
9:35AM-10:35AM 9:35AM-1  ABS and ARMS BOO  ZABREE  12:00PM-1:00PM  BEGINNER YIN	and Fuctional ch for Athletes		YIN YOGA	SPINNING	PILATES	
ABS and ARMS ZABREE  12:00PM-1:00PM BEGINNER YIN	HEIDE		SHEENA	LISA	SHEENA / KELLY	YOGA
ABS and ARMS ZABREE  12:00PM-1:00PM BEGINNER YIN	ĺ					HEIDE
ZABREE  12:00PM-1:00PM  BEGINNER YIN	10:30AM	11:15AM-12:40PM			9:50am-11:15am	
12:00PM-1:00PM BEGINNER YIN	OTAY BURN	YIN and YANG			YIN and YANG	
BEGINNER YIN	ZABREE	YOGA			YOGA	
BEGINNER YIN		SHEENA			SHEENA / KELLY	
		1			•	
SHEENA						
<u>l</u>			MIDDAY CLASSES			<u> </u>
1:30PM-2:30PM 12:00PM-	-1:00PM					
HITT CLASS Y	YIN YOGA				İ	
(Interval trainingi)						
	SHEENA					
			EVENING CLASSES			
4:45PM-5:45PM 4:30	0PM-5:25 PM	4:30PM-5:25PM	4:30PM-5:30PM			
HIIT BOOTCAMP	YOGA					
		YOGA	YOGA			
KAREN	LISA N	JANIS	KIM / KELLY			<u> </u>
5-45DM 6-40DM		5-30DM 6-40DM	F-20DM 6-20DM	4.20 5.20		<u> </u>
	)DM 0:45 DM	5:30PM-6:10PM	5:30PM-6:30PM	4:30-5:30	BL AVO.	DE HOUDE
POWER YOGA KIM		CARDIO BLAST	POUNDFIT  KAREN	YIN YOGA	PLAYCAF	RE HOURS
NIIVI	CKBOXING	IDENIE	NAKEN	JANIS	Mon - Thurs	8am-12pm
6:45PM-7:15PM 6:15		IRENE		5:30-6:15PM	Mon - Thurs	4pm-8pm
	CKBOXING	IRENE 6:15PM-6:55PM			Fridays	8am-12pm
KIM	CKBOXING IRENE			0.00 0.00 0.00		
İ	CKBOXING  IRENE  5PM-6:55 PM	6:15PM-6:55PM			Sat - Sun	8am-12pm
	CKBOXING IRENE 5PM-6:55 PM PT & STRETCH IRENE	6:15PM-6:55PM  BODY TONE  IRENE			Sat - Sun	8am-12pm
TEAM TRAINING P	CKBOXING IRENE 5PM-6:55 PM PT & STRETCH IRENE 0PM-8:00PM	6:15PM-6:55PM  BODY TONE  IRENE  7:00PM-8:00PM	7:00PM-8:00PM		Sat - Sun	8am-12pm
Room Occupied	CKBOXING IRENE 5PM-6:55 PM PT & STRETCH IRENE	6:15PM-6:55PM  BODY TONE  IRENE	7:00PM-8:00PM TEAM TRAINING		Sat - Sun	8am-12pm