



164 BASELINE RD. E  
905-697-BODY

Bowmanville - January 2019

**MORNING CLASSES**

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

**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			
<b>HIIT BOOTCAMP</b>	<b>YOGA</b>	<b>YOGA</b>	<b>YOGA</b>			
KAREN	LISA N	JANIS	KIM / KELLY			
5:45PM-6:40PM	5:30PM-6:15 PM	5:30PM-6:10PM	5:30PM-6:30PM	4:30-5:30		
<b>POWER YOGA</b>	<b>KICKBOXING</b>	<b>CARDIO BLAST</b>	<b>POUNDFIT</b>	<b>YIN YOGA</b>	<b>PLAYCARE HOURS</b>	
KIM	IRENE	IRENE	KAREN	JANIS	Mon - Thurs	8am-12pm
6:45PM-7:15PM	6:15PM-6:55 PM	6:15PM-6:55PM		5:30-6:15PM	Mon - Thurs	4pm-8pm
<b>PILATES FUSION</b>	<b>SCULPT &amp; STRETCH</b>	<b>BODY TONE</b>			Fridays	8am-12pm
KIM	IRENE	IRENE			Sat - Sun	8am-12pm
7:30PM-8:30PM	7:00PM-8:00PM	7:00PM-8:00PM	7:00PM-8:00PM			
<b>TEAM TRAINING</b>	<b>POUNDFIT</b>	<b>Spin to the Beat</b>	<b>TEAM TRAINING</b>			
<b>Room Occupied</b>	KAREN	LISA	<b>Room Occupied</b>			