



164 BASELINE RD. E
905-697-BODY

OCTOBER 2018 - BOWMANVILLE

MORNING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM-6:20AM		5:30AM-6:20AM		5:30AM-6:30AM	CLUB HOURS Monday's 5am-11pm Tuesday's 5am-11pm Wednesday's 5am-11pm Thursday's 5am-11pm Friday's 5am-11pm Saturday's 8am-8pm Sunday's 8am-8pm	
ENDURANCE SPIN		ENDURANCE SPIN		SPINNING / ABS		
LISA		HEIDE / SHEENA		HEIDE		
6:30AM-7:25AM	6:30AM-7:25AM	6:30AM-7:25AM	6:25AM-7:25AM			
YIN YOGA	BOOTCAMP BLITZ	YOGA	MUSCLE MOVES			
SHEENA	JESSICA	SHEENA	JESSICA			
7:30AM-8:10AM	7:30AM-8:30AM	7:30AM-8:10AM	7:30AM-8:10AM	7:00AM-8:00AM		
TOTAL BODY SCULPT	YINLATES	STEP & CORE	ARM/AB/BOOT	YOGA		
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
SPINNING	HIIT SPIN	ABS & ARMS	SPINNING	PILATES & WEIGHTS	SPINNING	SPIN & ABS
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
BEGINNER PILATES	SCULPT	OCCUPIED	YIN YOGA	SPINNING	PILATES	Returns October 14/2018
SHEENA	HEIDE	TEAM TRAINING	SHEENA	LISA	SHEENA / KELLY	YOGA
		BOOKED STUDIO				HEIDE
9:35AM-10:35AM	9:35AM-10:30AM				9:50am-11:15am	
20/20/20	FLASH DANCE				YIN and YANG	
ZABREE	ZABREE				YOGA	
					SHEENA / KELLY	
11:45AM-12:45PM						
BEGINNER YIN						
SHEENA						

MIDDAY CLASSES

1:30PM-2:30PM	12:00PM-1:00PM				11:15am-12:15pm	
HITT CLASS	YIN YOGA				ZUMBA	
(Interval training)					COLEEN	
JESSICA	SHEENA					

EVENING CLASSES

4:45PM-5:45PM	4:30PM-5:25 PM	4:30PM-5:25PM	4:30PM-5:30PM			
HIIT BOOTCAMP	YOGA	YOGA	YOGA			
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	PLAYCARE HOURS Mon - Thurs 8am-12pm Mon - Thurs 4pm-8pm Fridays 8am-12pm Sat - Sun 8am-12pm	
POWER YOGA	KICKBOXING	CARDIO BLAST	POUNDFIT	YIN YOGA		
KIM	IRENE	IRENE	KAREN	JANIS		
6:45PM-7:15PM	6:15PM-6:55 PM	6:15PM-6:55PM		5:30-6:15PM		
PILATES FUSION	SCULPT & STRETCH	BODY TONE		TURBO KICK		
KIM	IRENE	IRENE		COLEEN		
7:30PM-8:30PM	7:00PM-8:00PM	7:00PM-8:00PM	7:00PM-8:00PM			
TEAM TRAINING	POUNDFIT	Spin to the Beat	TEAM TRAINING			
Room Occupied	KAREN	LISA	Room Occupied			