



164 BASELINE RD. E  
905-697-BODY

Bowmanville - SEPTEMBER 2019

MORNING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45AM-6:20AM		5:45AM-6:30AM		5:30AM-6:30AM		
<b>SPIN 'N'GO</b>		<b>SPIN 'N' GO</b>			<b>CLUB HOURS</b>	
LISA		HEIDE / SHEENA			Monday's	5am-11pm
					Tuesday's	5am-11pm
					Wednesday's	5am-11pm
					Thursday's	5am-11pm
					Friday's	5am-11pm
6:35AM-7:25AM	6:30AM-7:25AM	6:35AM-7:25AM	6:25AM-7:25AM	6:30AM - 7:00AM	Saturday's	8am-8pm
<b>YIN YOGA</b>	<b>P90X</b>	<b>YOGA</b>	<b>BOOTCAMP</b>	<b>QUICK SPIN</b>	Sunday's	8am-8pm
SHEENA	JESSICA	SHEENA	JESSICA	SHEENA		
7:30AM-8:10AM	7:30AM-8:30AM	7:30AM-8:10AM	7:30AM-8:10AM	7:05AM-8:05AM		
<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	8:30AM-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>BOOTAY BURN</b>	<b>YIN and YANG</b>			<b>YIN YANG YOGA</b>	
	Zabree	Sheena				
					SHEENA / KELLY	
11:45AM-1:10PM	10:20AM - 11:15AM		11:15-12:15PM			
<b>YIN AND YANG</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	4:30-5:30pm		
<b>ULTIMATE BOOTY</b>	<b>YOGA</b>	<b>YOGA</b>	<b>YIN YOGA</b>	<b>Yin Yoga</b>		
KAREN	LISA / LOUISE	JANIS	KELLY	Janise		
5:45PM-6:40PM	5:30PM-6:15 PM	5:30PM-6:10PM	6:00PM-6:30PM			
<b>POWER YOGA</b>	<b>KICKBOXING</b>	<b>CARDIO BLAST</b>	<b>PILATES</b>		<b>PLAYCARE HOURS</b>	
KIM	IRENE	IRENE	LISA		Mon - Thurs	8am-12pm
6:45PM-7:15PM	6:15PM-6:55 PM	6:15PM-6:55PM	6:30PM-7:00PM		Mon - Thurs	4pm-8pm
<b>PILATES FUSION</b>	<b>SCULPT &amp; STRETCH</b>	<b>BODY TONE</b>	<b>QUICK SPIN</b>		Fridays	8am-12pm
KIM	IRENE	IRENE	LISA		Sat - Sun	8am-12pm
7:30PM-8:30PM	7:00PM-8:00PM	7:00PM-7:45PM	7:00PM-8:00PM			
	<b>POUNDFIT</b>	<b>Spin to the Beat</b>				
	KAREN	LISA				