



164 BASELINE RD. E
905-697-BODY

MARCH 2018 (BOWMANVILLE)

MORNING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM-6:20AM		5:30AM-6:20AM		5:30AM-6:30AM		<p align="center">CLUB HOURS</p> <p>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</p>
ENDURANCE SPIN LISA		ENDURANCE SPIN HEIDE / SHEENA		SPINNING / ABS HEIDE		
		6:30AM-7:30AM				
		LEARN TO RUN JESSICA <i>Will resume Mar.14</i>				
6:30AM-7:25AM		6:30AM-7:25AM		6:30AM-7:25AM		
YIN YOGA SHEENA	BOOTCAMP BLITZ JESSICA <i>Will resume Mar 13</i>	YOGA SHEENA				
7:30AM-8:10AM		7:30AM-8:10AM		7:30AM-8:10AM		
TOTAL BODY SCULPT SHEENA	YINLATES SHEENA	STEP & CORE LISA / KIM	ARM/AB/BOOT SHEENA	YOGA LISA N		
8:15AM-8:45AM		8:15AM-8:55AM		8:15AM-8:55AM		
SPINNING SHEENA	HIIT SPIN HEIDE	ABS & ARMS KIM / SHEENA	SPINNING SHEENA	PILATES/WEIG SHEENA	SPINNING SHEENA / KELLY	
8:50AM-9:30AM		10:00AM-11:00am		9:15AM-10:00AM		
BEGINNER PILATES SHEENA	SCULPT HEIDE	OCCUPIED TEAM TRAINING BOOKED STUDIO	YIN YOGA SHEENA	SPINNING LISA	PILATES SHEENA / KELLY	
9:35AM-10:35AM		9:35AM-10:30AM		10:00AM-10:55AM		
20/20/20 ZABREE	FLASH DANCE ZABREE				YOGA SHEENA / KELLY	
11:45AM-12:45PM						
BEGINNER YIN SCHEENA						

MIDDAY CLASSES

1:30PM-2:30PM		12:00PM-1:00PM		11:00AM-12:00PM	
HIP HOT BODY JESSICA	YIN YOGA SHEENA			KICKBOXING ERIN	

EVENING CLASSES

4:40PM-5:40PM		4:30PM-5:25 PM		4:30PM-5:25PM		4:30PM-5:15 PM				
HIIT BOOTCAMP KAREN	YOGA LISA N	YOGA JANIS	YOGA KIM / KELLY							
5:45PM-6:25PM		5:30PM-6:15 PM		5:30PM-6:10PM		5:15PM-6:00PM				
SPINNING KIM	KICKBOXING ERIN	CARDIO BLAST IRENE	SPINNING LISA / KIM	KICKBOXING IRENE	<p align="center">PLAYCARE HOURS</p> <p>Mon - Thurs 8am-12pm Mon - Thurs 4pm-8pm Fridays 8am-12pm Sat - Sun 8am-12pm</p>					
6:30PM-7:15PM		6:15PM-6:55 PM		6:15PM-6:55PM				6:00PM-6:45PM		
POWER YOGA KIM	AB/BOOT/LEG ERIN	BODY TONE IRENE	PILATES KIM / LISA New!	YOGA JANIS						
7:30PM-8:30PM		7:00PM-8:00PM		7:00PM-8:00PM						
OCCUPIED TEAM TRAINING BOOKED STUDIO		SPIN TO BEAT LISA	OCCUPIED TEAM TRAINING BOOKED STUDIO							