



# Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday Morning	Sunday Morning
<b>Morning</b>					<b>7:00 - 7:45</b> Yin Yoga Sheena	<b>9:00 - 9:55</b> Stronger Kim	<b>9:00 - 9:45</b> Spin Kim
	<b>8:15 - 9:10</b> Cardio Fusion Kim		<b>8:15 - 9:00</b> Spin Breanne	<b>8:00 - 8:45</b> Spin Sheena / Heide	<b>8:15 - 9:05</b> Strength Training Fun Danielle	<b>10:00 - 10:55</b> Yin Yoga Kim	
	<b>9:15 - 10:10</b> Yogalates Sheena	<b>9:00 - 9:30</b> Upper Body lift/core Sheena	<b>9:15 - 10:10</b> Yin Yoga Sheena	<b>9:00 - 9:55</b> Stronger Kim	<b>9:15 - 10:00</b> Spin to the Beat Lisa C		<b>10:00 - 10:55</b> Yoga Kim
		<b>9:35 - 10:20</b> Cardio Barre Yin Sheena	<b>10:15 - 11:00</b> Pilates Sheena	<b>10:15 - 11:30</b> Chakra Yin Yoga Sheena			
		<b>10:30 - 11:25</b> Yin & Yang Yoga Sheena					
<b>Afternoon &amp; Evening</b>	<b>4:30 - 5:25</b> Yin Yoga Sheena			<b>4:30 - 5:25</b> Yin Yang Yoga Lisa N			<p><b>Call to book your FREE Class Today</b></p> <p>164 Baseline Rd. E. Bowmanville</p> <p><b>905 697-2639</b></p>
		<b>5:30 - 6:25</b> Spin Kris	<b>5:30 - 6:15</b> Pilates Barre Kim		<b>5:30 - 6:25</b> Spin Kris		
	<b>6:00 - 8:00</b> Team Training			<b>7:00 - 8:00</b> Team Training			
	<p><b>Call for information on our Team Training and our PUSH Program Today</b></p>						

**Schedule Effective February 1, 2024**

