




# Group Fitness Schedule (effective March 1, 2023)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday Morning
<b>Morning</b>	<b>6:00 - 6:55</b> Spin <i>Kris</i>					<b>8:30 - 9:15</b> Spinning <i>Sheena</i>
				<b>7:45 - 8:45</b> Yoga <i>Heide</i>		<b>9:30 - 10:15</b> Abs, Arms & Booty <i>Sheena</i>
	<b>8:15 - 9:10</b> Cardio Fusion <i>Kim</i>		<b>8:15 - 9:10</b> Spin & Abs <i>Lisa C</i>			<b>10:30 - 11:30</b> Yin Yoga <i>Sheena</i>
	<b>9:15 - 10:10</b> Yogalates <i>Sheena</i>	<b>9:30 - 10:25</b> 20/20/20 <i>Sheena</i>	<b>9:15 - 10:10</b> Yin Yoga <i>Sheena</i>	<b>9:00 - 9:55</b> Barre Bootcamp <i>Kim</i>	<b>9:15 - 10:00</b> Spin <i>Lisa C</i>	<b>Sunday Morning</b> <b>10:00-10:55</b> YOGA <i>Kim</i>
		<b>10:30 - 11:25</b> Yoga <i>Sheena</i>	<b>10:15 - 11:10</b> Pilates with Weights <i>Sheena</i>		<b>10:05 - 10:50</b> Pilates <i>Lisa C</i>	Schedule Effective March 1, 2023
<b>Afternoon &amp; Evening</b>	<b>4:30 - 5:25</b> Yin Yoga <i>Sheena</i>			<b>4:30 - 5:25</b> Yoga <i>Lisa N</i>		<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 <i>Kris</i>	<b>5:30 - 6:25</b> ELDOA <i>Mark</i>		<b>6:00 - 7:00</b> Kick Boxing <i>Friedel</i>	
	<b>6:00 - 7:00</b> Kick Boxing <i>Friedel</i>	<p><b>Call for information on our Team Training and our new PUSH Program Today</b></p> 				
	<b>7:00 - 8:00</b> Team Training					
<b>8:00 - 9:00</b> Team Training						