

BOWMANVILLE  
EFFECTIVE: December 2015



164 BASELINE RD. E  
905-697-BODY  
(2639)

**STUDIO A**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 - 7:25AM	6:30AM-7:25AM	6:30-7:25 AM	6:30-7:25AM			
Yin Yoga <b>Sheena</b>	Bootcamp Blitz <b>TARA</b>	Yoga <b>SHEENA</b>	Bootcamp Blitz <b>TARA</b>			
7:30-8:15 AM	7:30-8:30 AM	7:30-8:10AM	7:30-8:15 AM	7:00-8:00 AM		
Total Body Sculpt <b>SHEENA</b>	Pilates <b>SHEENA</b>	Step and Core <b>SHEENA</b>	Total Body Sculpt <b>SHEENA</b>	Yoga <b>NANCY</b>		
8:45-9:25 AM	9:00-9:25 AM	8:15-8:55am	9:00-9:45 AM	8:15-8:55 AM	9:15-9:55 AM	
Beginner Pilates <b>SHEENA</b>	Sculpt <b>HEIDE</b>	On the Ball <b>SHEENA</b>	Power Yoga <b>ZABREE</b>	Pilates <b>SHEENA</b>	Pilates <b>SHEENA/KELLY</b>	
9:30-10:30 AM	9:30-10:25 AM	9:00-9:55 AM	9:45-10:45AM	9:00-9:55AM	10:00-10:55AM	9:30-10:30AM
20/20/20 <b>ZABREE/MICHELLE</b>	Flash Dance <b>ZABREE</b>	Belly Back and Butt <b>RUTH</b>	20/20/20 <b>ZABREE/TARA</b>	Body Blast <b>TARA</b>	Yoga <b>SHEENA/KELLY</b>	Yoga <b>HEIDE</b>
	10:30-11:30 AM			10:00-10:55 AM	11:00-12 PM	4:00-5:00PM
	YOGA <b>JESSICA</b>			HIIT BOXING <b>TARA</b>	Kickboxing <b>ERIN B</b>	Spin/Upper Body Circuit Class <b>TARA</b>
	4:30-5:25 PM			4:30-5:25 PM	11:00-12:00 PM	
	Yoga <b>LAURA</b>		Yoga <b>LAURA</b>	Yoga <b>JESSICA</b>		
5:00-6:00 pm	5:30-6:15 PM	5:15-5:30PM	5:30-6:10 pm	5:45-6:00 PM	<p><b>***MEALS TO GO***</b> Ask about our <b>NEW DUFC Meal plans</b> Food order to your liking and ready to eat!!! Book your appt today</p>	
HIIT Bootcamp <b>KAREN</b>	HIIT BOXING <b>TARA</b>	ROOM BOOKED TEAM TRAINING <b>Jamie</b>	HIIT Bootcamp <b>KAREN</b>	AB Blast <b>JANIS</b>		
6:00-6:55 PM	6:15-6:55 PM	5:30-6:25PM	6:15-7:15 PM	6:00pm-7:00 PM		
Power Yoga <b>KIM</b>	Leg's Leg's Leg's <b>TARA</b>	20/20/20 <b>IRENE</b>	Body Blast <b>TARA</b>	Yoga <b>JANIS</b>		
7:00-8:00 PM	7:00- 8:00 PM	6:30 -7:00 PM	<b>7:30-8:30pm</b>			
Pilates <b>KIM</b>	Body Blast <b>ERIN B</b>	Core and More <b>IRENE</b>	Studio Booked <u>Clarrington Bantam A</u> <b>JESSICA</b>			

**STUDIO B SPINNING**

5:30-6:30 AM		5:30-6:30 AM		5:30-6:30 AM		
Endurance Spin <b>LISA</b>		Endurance Spin <b>HEIDE / LISA</b>		45 Min Spinning 15 Min Abs <b>HEIDE</b>		
8:15-8:45 AM	8:30-9:00 AM		8:15-9:00 AM	9:15-10:00 AM	8:15-9:00 AM	8:45-9:30AM
Spinning <b>SHEENA</b>	HIIT Spin <b>HEIDE</b>		Spinning <b>SHEENA</b>	Spinning <b>LISA</b>	Spinning <b>SHEENA/KELLY</b>	Spinning <b>HEIDE</b>
		5:30-6:15PM				
		ROOM BOOKED TEAM TRAINING <b>CINZIA</b>				
	3:45-4:30 PM	4:45-5:30 PM	5:30-6:15 PM	5:00-5:45 PM		4:00-5:00pm
	* Begin to Spin*	HIIT Spin	Endurance Spin	Spinning		Spin/Upper Body Circuit class <b>TARA</b>
7:00-8:00 PM		7:00-8:00 PM	<b>7:30-8:30PM</b>		Club Hours	Daycare Hours
Endurance Spin <b>TARA</b>		Spin to the Beat <b>LISA</b>	Room Booked Clarrington Bantam A <b>JESSICA</b>	Mon - Fri Mon - Thurs Sat - Sun	5:00am - 11pm 8am - 8pm	8 am - 12pm 4pm-8pm 8 am - 12pm