

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

STUDIO B SPINNING

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