



# October Fitness Schedule

Weekdays: 6:00 A.M. - 9:00 P.M.  
 Weekends: 8:00 A.M. - 6:00 P.M.  
 Phone: 905-648-4571

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 a.m.					Pilates Fusion Tammy <b>Virtual Only</b>		
8:15 a.m.	Body Blast Donna <b>IN PERSON AND VIRTUAL</b> Loft		Pilates Fusion Kathy <b>IN PERSON AND VIRTUAL</b> Studio	Burn Fat & Tone Up HIIT Kathy <b>IN PERSON AND VIRTUAL</b> Loft	Body Blast Kathy <b>IN PERSON AND VIRTUAL</b> Loft	Zumba Victoria <b>IN PERSON AND VIRTUAL</b> Studio	
9:15 a.m.	Barre & Pilates Pat <b>IN PERSON AND VIRTUAL</b> Loft	Ballet Barre Victoria <b>IN PERSON AND VIRTUAL</b> Loft	Essentrics Pat <b>IN PERSON AND VIRTUAL</b> Studio	Spin Joanne <b>IN PERSON ONLY</b> Loft	<b>NEW DanceFit</b> Pat in Loft <b>IN PERSON ONLY</b> 6 Weeks - Starting Sept. 12th	Essentrics Pat <b>IN PERSON AND VIRTUAL</b> Loft	Group Strength Kathy <b>IN PERSON AND VIRTUAL</b> Loft
10:15 a.m.	Essentrics Pat <b>IN PERSON AND VIRTUAL</b> Loft						
10:30 a.m.		Zumba Victoria <b>IN PERSON AND VIRTUAL</b> Studio					
6:30 p.m.	Step Heather C <b>IN PERSON ONLY</b> Studio						
6:00 p.m.	Spin 30 Minutes Joanne <b>IN PERSON ONLY</b> Loft	Pilates Dawn <b>IN PERSON AND VIRTUAL</b> Loft	Spin 30 Minutes Tiina <b>IN PERSON ONLY</b> Loft	Burn Fat & Tone up HIIT 45 min. Connor <b>IN PERSON ONLY</b> Loft			
6:30 p.m.	Body Blast Joanne <b>IN PERSON ONLY</b> Loft		Group Strength Tiina <b>IN PERSON ONLY</b> Loft				
7:00 p.m.		Team Training Loft		Boxing Connor <b>IN PERSON ONLY</b> Loft			



# October Yoga Schedule

Weekdays: 6:00 A.M. - 9:00 P.M.  
 Weekends: 8:00 A.M. - 6:00 P.M.  
 Phone: 905-648-4571

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM		Rise and Shine Yoga Pamela <b>VIRTUAL ONLY</b>		Rise & Shine Yoga Jackee <b>VIRTUAL ONLY</b>			
9:00 AM							Vinyasa Flow Level 2 Jackee Level-Challenging <b>IN PERSON ONLY</b>
9:15 AM	Yoga Flow All Levels Jackee <b>VIRTUAL ONLY</b>	Yoga Flow All Levels Sharon <b>IN PERSON AND VIRTUAL</b>			Yin Yoga Pamela <b>IN PERSON AND VIRTUAL</b>	Yoga Flow Heather B <b>IN PERSON AND VIRTUAL</b>	
9:30 AM	Yoga Flow All Levels Stephanie <b>IN PERSON ONLY</b>			Yoga Flow All Levels Stephanie <b>IN PERSON AND VIRTUAL</b>			
10:30 AM			Yoga Flow All Levels Dawn <b>IN PERSON AND VIRTUAL</b>		Yoga Flow All Levels Dawn <b>IN PERSON AND VIRTUAL</b>		Yoga Flow All Levels Jackee <b>IN PERSON AND VIRTUAL</b>
11:00 AM							
11:30 AM			30 minute Guided Meditation Dawn <b>IN PERSON AND VIRTUAL</b>		<b>All Yoga Classes Are Held in Studio One</b>		
6:00 PM	5:30PM Team Training STUDIO	Yoga Basics All Levels Jackee <b>IN PERSON AND VIRTUAL</b>					
7:00 PM	7:40PM Fall into Yoga Beginner (Starts Sept. 30th) Effie <b>IN PERSON AND VIRTUAL</b>	Vinyasa Flow Level-Challenging Jackee <b>IN PERSON AND VIRTUAL</b>	Candlelit Flow & Unwind Level-Gentle Holly <b>IN PERSON AND VIRTUAL</b>	Yoga Flow All Levels Amanda <b>IN PERSON AND VIRTUAL</b>			
8:15 PM		Restorative Level-Gentle Caitlin <b>IN PERSON ONLY</b>			8PM Studio Rental		