

April Fitness Schedule

Childcare Available Tues/Thurs 9-11 A.M.

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 Virtual Only		
8:15 a.m.	Body Blast Donna IN PERSON AND VIRTUAL Loft		Pilates Fusion Kathy IN PERSON AND VIRTUAL Studio	Burn Fat & Tone Up HIIT Tom IN PERSON AND VIRTUAL Loft	Body Blast Kathy IN PERSON AND VIRTUAL Loft	Zumba Victoria IN PERSON AND VIRTUAL Studio	
9:15 a.m.	Barre & Pilates Pat IN PERSON AND VIRTUAL Loft	Ballet Barre Victoria IN PERSON AND VIRTUAL Loft	Essentrics Pat IN PERSON AND VIRTUAL Studio Spin Joanne IN PERSON ONLY Loft		Essentrics Pat IN PERSON AND VIRTUAL Loft		Group Strength Kathy IN PERSON AND VIRTUAL Loft
10:15 a.m	Essentrics Pat IN PERSON AND VIRTUAL Loft						
10:30 a.m.		Zumba Victoria IN PERSON AND VIRTUAL Studio					
10:45 a.m.	Mom & Baby Yoga Steph IN PERSON ONLY Studio						
12:15 p.m.				Dance Contemporary Adults Registered Class April 17th			Register now for Dance Contemporary Spring Session
3:15 p.m.							Eight week session starts April 17th Ages 5-9 & Adults \$120
4:30 p.m.	Dance Contemporary Ages 5-9 Registered Class April 17th						Contact juliagarlisi@gmail.com
6:00 p.m.	Step Heather C IN PERSON ONLY Studio						
6:00 p.m.	Spin Joanne IN PERSON ONLY Loft	Pilates Dawn IN PERSON AND VIRTUAL Loft	Spin Tiina IN PERSON ONLY Loft	Burn Fat & Tone up HIIT 45 min. Dawn IN PERSON ONLY Loft			
6:30 p.m.	Body Blast Joanne IN PERSON ONLY Loft		Group Strength Tiina IN PERSON AND VIRTUAL Loft				
8:30 p.m.							



April Yoga Schedule Childcare Available Tues/Thurs 9-11 A.M.

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM		Rise and Shine Yoga Pamela VIRTUAL ONLY		Rise & Shine Yoga Jackee VIRTUAL ONLY			
9:00 AM							Vinyasa Flow Level 2 Jackee Level-Challenging IN PERSON ONLY
9:15 AM	Yoga Flow All Levels Jackee VIRTUAL ONLY	Yoga Flow All Levels Sharon IN PERSON AND VIRTUAL			Yin Yoga Pamela IN PERSON AND VIRTUAL	Yoga Flow Heather B IN PERSON AND VIRTUAL	
9:30 AM	Yoga Flow All Levels Stephanie IN PERSON ONLY			Yoga Flow All Levels Stephanie IN PERSON AND VIRTUAL			
10:30 AM			Yoga Flow All Levels Dawn IN PERSON AND VIRTUAL		Yoga Flow All Levels Dawn IN PERSON AND VIRTUAL		Yoga Flow All Levels Jackee IN PERSON AND VIRTUAL
10:45 AM	Mom & Baby Yoga Steph IN PERSON ONLY						
11:30 AM			30 minute Guided Meditation Dawn IN PERSON AND VIRTUAL		All Yoga classes are held in Studio One		
6:00 PM		NEW CLASS! Yoga Basics All Levels w/ Jackee IN PERSON AND VIRTUAL		6:00 PM Studio Rental	5:30 Studio Rental		This colour = new classes
7:00 PM	7:15PM All Levels Strength & Mobility Yoga Effie IN PERSON AND VIRTUAL	Vinyasa Flow Level-Challenging Jackee IN PERSON AND VIRTUAL	Candlelit Flow & Unwind Level-Gentle Holly IN PERSON AND VIRTUAL	NEW CLASS! Yoga Flow All Levels Amanda IN PERSON AND VIRTUAL			
8:15 PM		Restorative Level-Gentle Steph IN PERSON ONLY			8PM Studio Rental		