



July 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 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					
12:15 p.m.							
4:30 p.m.							
6:00 p.m.	Step Heather C IN PERSON ONLY Studio	Pilates Dawn IN PERSON AND VIRTUAL Loft					
6:00 p.m.	Spin Joanne IN PERSON ONLY Loft	Yoga Basics All Levels Jackee IN PERSON AND VIRTUAL	Spin Tiina IN PERSON ONLY Loft	Burn Fat & Tone up HIIT 45 min. Connor & Dawn IN PERSON ONLY Loft			
6:30 p.m.	Body Blast Joanne IN PERSON ONLY Loft		Group Strength Tiina IN PERSON AND VIRTUAL Loft				



July Yoga Schedule

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Weekends: 8:00 A.M. - 6:00 P.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
11:00 AM				11:30 AM Studio Rental			
11:30 AM			30 minute Guided Meditation Dawn IN PERSON AND VIRTUAL	↓	All Yoga Classes Are Held in Studio One		
6:00 PM		Yoga Basics All Levels Jackee IN PERSON AND VIRTUAL	5:45PM Dance Contemporary Adults Registered Class July 3rd	6:00 PM Studio Rental	5:30 Studio Rental		
7:00 PM	Outdoor Yoga 7:15PM All Levels Caitlin (indoors if rain) IN PERSON ONLY	Vinyasa Flow Level-Challenging Jackee IN PERSON AND VIRTUAL	Candlelit Flow & Unwind Level-Gentle Holly IN PERSON AND VIRTUAL	Yoga Flow All Levels Amanda IN PERSON AND VIRTUAL			
8:15 PM		Restorative Level-Gentle New Instructor! Caitlin IN PERSON ONLY			8PM Studio Rental		