



January 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 Kathy 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	DanceFit (starts Jan. 23rd) Pat IN PERSON AND VIRTUAL 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					3:30PM Team Training
6:30 p.m.	Step Heather C IN PERSON ONLY Studio						
6:00 p.m.	Spin 30 Minutes Joanne IN PERSON ONLY Loft	Pilates Dawn IN PERSON AND VIRTUAL Loft	Spin 30 Minutes Tiina IN PERSON ONLY Loft	Burn Fat & Tone up HIIT 45 min. Connor IN PERSON ONLY Loft			
6:30 p.m.	Body Blast Joanne IN PERSON ONLY Loft	6:45PM Team Training	Group Strength Tiina IN PERSON ONLY Loft	6:45PM Team Training			
7:00 p.m.		7:45PM Team Training		Boxing Connor IN PERSON ONLY Loft			



January 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 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
11:30 AM			30 minute Guided Meditation Dawn IN PERSON AND VIRTUAL				
12:00 PM			Private Class Dance		All Yoga Classes Are Held in Studio One		
6:00 PM	5:30PM Team Training STUDIO	Yoga Basics All Levels Jackee IN PERSON AND VIRTUAL					6:15 PM Yoga Nidra \$120 for 6 weeks (Jan 26) Caitlin IN PERSON AND VIRTUAL
7:00 PM	7:45 Stretch & Strengthen All Levels Effie IN PERSON AND VIRTUAL	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 Caitlin IN PERSON ONLY					