




# Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday Morning	Sunday Morning
<b>Morning</b>					<b>7:00 - 7:45</b> Yin Yoga <i>Sheena</i>	<b>9:00 - 9:55</b> Stronger <i>Kim</i>	<b>9:00 - 9:45</b> Spin <i>Kim</i>
	<b>7:30 - 8:10</b> Lift <i>Kim</i>					<b>10:00 - 10:55</b> Yin Yoga <i>Kim</i>	<b>10:00 - 10:55</b> Yoga <i>Kim</i>
	<b>8:15 - 9:00</b> Begin to Spin <i>Sheena/Kim</i>		<b>8:15 - 9:00</b> Spin <i>Breanne</i>	<b>8:15 - 9:00</b> Cardio Fusion <i>Kim</i>	<b>8:15 - 9:05</b> Strength Training Fun <i>Danielle</i>		
		<b>9:00 - 9:30</b> Upper Body lift/core <i>Sheena</i>					
	<b>9:15 - 10:10</b> Yogalates <i>Sheena</i>		<b>9:15 - 10:10</b> Yin Yoga <i>Sheena</i>	<b>9:15 - 10:00</b> Stronger <i>Kim</i>	<b>9:15 - 10:00</b> Spin to the Beat <i>Lisa C</i>		
		<b>9:35 - 10:20</b> Pilates Barre <i>Sheena</i>	<b>10:15 - 11:00</b> Pilates <i>Sheena</i>	<b>10:15 - 11:30</b> Chakra Yin Yoga <i>Sheena</i>			
		<b>10:30 - 11:25</b> Yin & Yang Yoga <i>Sheena</i>					
<b>Afternoon &amp; Evening</b>	<b>4:30 - 5:25</b> Yin Yoga <i>Sheena</i>			<b>4:30 - 5:25</b> Yin Yang Yoga <i>Lisa N</i>		<p><b>Call to book your FREE Class Today</b></p> <p>164 Baseline Rd. E. Bowmanville</p> <p><b>905 697-2639</b></p>	
	<b>5:30 - 6:15</b> Pilates Barre <i>Breanne</i>	<b>5:30 - 6:25</b> Spin <i>Kris</i>	<b>5:30 - 6:25</b> Power Yoga <i>Emma</i>	<b>5:30 - 6:15</b> Spin <i>Lisa C</i>	<b>5:30 - 6:25</b> Spin <i>Kris</i>		
	<p><b>Call for information on our Team Training and our PUSH Program Today</b></p> 						

Schedule Effective  
April 1, 2024