



# Group Fitness Schedule

**Monday      Tuesday      Wednesday      Thursday      Friday**

**Saturday Morning**

<b>Morning</b>					<b>7:00 - 7:45</b> Yin Yoga Sheena
	<b>8:15 - 9:00</b> Begin to Spin Sheena/Kim		<b>8:15 - 9:00</b> Spin Breanne	<b>8:15 - 9:00</b> Cardio Fusion Kim	<b>8:15 - 9:05</b> Strength Training Fun Danielle
		<b>9:00 - 9:30</b>			
	<b>9:15 - 10:10</b> Yogalates Sheena	Upper Body lift/core Sheena	<b>9:15 - 10:10</b> Yin Yoga Sheena	<b>9:15 - 10:00</b> Stronger Kim	<b>9:15 - 10:00</b> Spin to the Beat Lisa C
		<b>9:35 - 10:20</b>			
		Pilates Barre Sheena	<b>10:15 - 11:00</b> Pilates Sheena	<b>10:15 - 11:30</b> Chakra Yin Yoga Sheena	
		<b>10:30 - 11:25</b> Yin & Yang Yoga Sheena			

<b>9:00 - 9:55</b> Stronger Kim
<b>10:00 - 10:55</b> Yin Yoga Kim

**Sunday Morning**

<b>9:00 - 9:45</b> Spin Kim
<b>10:00 - 10:55</b> Yoga Kim

**Schedule Effective  
June 1, 2024**

<b>Afternoon &amp; Evening</b>	<b>4:30 - 5:25</b> Yin Yoga Sheena			<b>4:30 - 5:25</b> Yin Yang Yoga Lisa N	
	<b>5:30 - 6:15</b> Pilates Barre Breanne	<b>5:30 - 6:25</b> Spin Kris	<b>5:30 - 6:25</b> Power Yoga Emma	<b>5:30 - 6:15</b> Spin Lisa C	<b>5:30 - 6:25</b> Spin Kris

**Call to book  
your FREE  
Class Today**

164 Baseline Rd. E.  
Bowmanville

**905  
697-2639**

**Call for information on our  
Team Training and our  
PUSH Program Today**

