Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	8:15 - 9:00 Spin *Sheena/Kim*	9:00 - 9:40 Upper Body Lift/Core *Sheena*	8:15 - 9:00 Spin *Breanne*	8:45 - 9:15 Pilates *Kim*	7:00 - 7:45 Yin Yoga *Sheena*	9:00 - 9:55 Pilates Core Fusion *Jennine*	9:00 - 9:45 Spin to the Beat *Lisa*
	9:15 - 10:05 Yogalates *Sheena*	9:45 - 10:20 Pilates Barre *Sheena*	9:15 - 10:10 Yin Yoga *Sheena*	9:20 - 10:05 Stronger *Kim*	8:00 - 8:45 Strength & Core *Danielle*	10:00 - 10:55 Warm Yoga Flow *Jennine*	9:50 - 10:35 Pilates Sculpt *Lisa*
	10:15 - 11:15 Zumba *Elizabeth*	10:30 - 11:25 Unity Flow Yoga *Sheena*	10:15 - 11:00 Pilates *Sheena*	10:15 - 11:30 Yin Yoga For Hips *Sheena*	9:00 - 9:45 Spin to the Beat *Lisa*		10:45 - 11:30 Yin Unplugged *Lisa*
					10:00 - 10:55 NEW Zumba *Taylor*		
			11:15 - 12:15 Speciality Class must be pre-registered		11:15 - 12:15 Speciality Class must be pre-registered		11:35 - 12:20 Gong Bath October 25 *Les-Lee*
Afternoon & Evening	4:30 - 5:25 Yin Yoga *Sheena*	4:30 - 5:15 Pilates Sculpt *Lisa*	4:30 - 5:20 Stronger *Kim*	4:25 - 5:20 Gentle Vinyasa Flow *Lisa N*			
	5:30 - 6:15 Booty Barre *Kim*	5:30 - 6:15 Spin *Lisa / Sarah*	5:30 - 6:20 Yoga *Kim*	5:30 - 6:15 Spin to the Beat *Lisa*			
		6:30 - 7:25 Warm Yoga Flow *Jennine*	6:30 - 7:25 NEW Zumba *Bexx*	6:30 - 7:15 Pilates Sculpt *Lisa*			
		7:30 - 8:30 October 27 Guided Meditation *Les-Lee*					

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

PUSH

164 Baseline Rd. E. Bowmanville

Schedule Effective October 1st 2026

905-697-2639

Call to book your FREE Class Today