



Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday Morning
Morning				7:00 - 7:55 Athletic Yoga <i>Heide</i>	7:00 - 7:45 Yin Yoga <i>Sheena</i>	9:00 - 9:55 Stronger <i>Kim</i>
				8:00 - 8:45 Spin <i>Heide</i>		10:00 - 10:55 Yin Yoga <i>Kiim</i>
	8:15 - 9:10 Cardio Fusion <i>Kim</i>		8:15 - 9:10 Spin <i>Sarah</i>	9:00 - 9:55 Stronger <i>Kim</i>	8:15 - 9:05 Strength Training Fun <i>Danielle</i>	
	9:15 - 10:10 Yogalates <i>Sheena</i>	9:00 - 9:30 Upper Body lift/core <i>Sheena</i>	9:15 - 10:10 Yin Yoga <i>Sheena</i>		9:15 - 10:00 Spin <i>Sarah</i>	
		9:35 - 10:20 Cardio Barre Yin <i>Sheena</i>	10:15 - 11:00 Pilates <i>Sheena</i>			
	10:30 - 11:25 Yoga <i>Sheena</i>					
Afternoon & Evening	4:30 - 5:25 Yin Yoga <i>Sheena</i>			4:30 - 5:25 Yin Yang Yoga <i>Lisa N</i>		
		5:30 - 6:25 Spin <i>Kris</i>				
	6:00 - 8:00 Team Training			7:00 - 8:00 Team Training		
	All Group Fitness Classes FREE TO ALL Durham Ultimate Fitness members in month of September					

Sunday Morning
9:00 - 9:45 Spin <i>Kim</i>
10:00 - 10:55 Yoga <i>Kim</i>

**Schedule Effective
Sept 11, 2023**

**Call to book
your FREE
Class Today**

164 Baseline Rd. E.
Bowmanville

**905
697-2639**