


GROUP FITNESS SCHEDULE *updated Feb 2020*

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--|--|---|--|--|
| Firm45 6:00-6:45am <i>Alex</i> | Firm60 6:00-7:00am <i>Wendy</i> | Yoga Flow and Stretch 6:00-7:00am <i>Sydney</i> | Firm60 6:00-7:00am <i>Wendy</i> | Firm45 6:00-6:45am <i>Alex</i> | | |
| Chair Fit + Stretch 8:00-9:00am <i>Claudia</i> | | Bootcamp 8:00-9:00am <i>Siobhan</i> | | Barre 8:00-9:00am <i>Kerri</i> | | |
| | | | | | Pilates 9:15-10:00am <i>Kerri</i> | Hatha Yoga 9:15-10:15am <i>Jackie</i> |
| Pilates 9:15-10:15am <i>Jacqueline</i> | Mobility, Stretch and Strengthen 9:00-10:00am <i>Kerri</i> | Hatha Yoga 9:15-10:15am <i>Lynn</i> | Low Impact Aerobics 9:00-10:00am <i>Diana</i> | Chair Yoga 9:15-10:15am <i>Kerri</i> | Karate 10:30am-2:00pm | Karate 10:45am-12:00pm |
| | | Chair Fit 11:00-11:45 <i>Louise</i> | | | Jiu-Jitsu 1:30-3:00pm | |
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| Focused Flow 5:30-6:30pm <i>Kerri</i> | Firm 45 5:30-6:15pm <i>Siobhan</i> | Cycle 5:30-6:20pm <i>Siobhan</i> | BodyBar 5:30-6:15pm <i>Siobhan</i> |  | | |
| | | YOGA TEACHER TRAINING 7:00-9:00pm <i>Alex, Lynn and Kerri</i> | | | | |
| Hatha Yoga 7:00-8:00pm <i>Claudia</i> | Karate 6:30-8:30pm | | Karate 6:30-8:00pm | | | |
| Jiu-Jitsu 8:15-9:30pm | | | Hatha Yoga 8:15-9:15pm <i>Jacqueline</i> | | | |