


	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING CLASSES							9:00 am INSANITY Gym
LUNCH CLASSES*	12:00 pm ZUMBA Gym Family Friendly Class	BUTTS & BALLS Studio	TOTAL TONING Studio	PILATES Studio	ZUMBA Studio	YOGA Studio	10:00 am ZUMBA Gym
		ZUMBA Gym	SPIN Gym	CARDIO - LIGHT Gym	SPIN & CORE Gym	CARDIO & CORE Gym	10:30 am CARDIO DRUMFIT Studio
AFTERNOON CLASSES		2:30 pm IN SHAPE 50 + Studio		1:30 pm IN SHAPE 50 + Studio			2:30 pm SIHANATHANG MARTIAL ARTS** Studio
EVENING CLASSES		5:30 pm ZUMBA Gym		5:30 pm ZUMBA Gym	5:00 pm YOGA AND PILATES ON THE BALL** Studio	 1940 McIntyre Street Regina, SK S4P 2R3 (306) 525-2141 ywcaregina@ywcaregina.com	
		6:30 pm SIHANATHANG MARTIAL ARTS** Studio		6:30 pm SIHANATHANG MARTIAL ARTS** Studio			

For 2017 there will not be classes on the following dates:
 Family Day, Good Friday, Easter Sunday, Easter Monday, Victoria Day,
 Canada Day, July 3rd, August 3rd, Labour Day, Thanksgiving Day,
 Remembrance Day, November 13th, Christmas Eve, Christmas Day,
 Boxing Day, New Year's Eve, New Year's Day.

*Classes begin at 12:10 pm unless otherwise noted
 **Registered class, please register at the front desk.

Please check our website
 and social media for
 changes or cancellations.



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