

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING CLASSES							9:00 am INSANITY Gym
LUNCH CLASSES*	12:00 pm ZUMBA Gym ☺	BUTTS & BALLS Studio	TOTAL TONING Studio	PILATES Studio		YOGA Studio	10:00 am ZUMBA ☺ Gym
		ZUMBA Gym	SPIN Gym	MID-DAY CARDIO BOOST Gym	SPIN & CORE Gym	INTERVAL WORKOUT Gym <small>*Starting September 8th</small>	10:30 am CARDIO DRUMFIT ☺ Studio
AFTERNOON CLASSES		1:15 pm IN SHAPE 50+ Studio		1:30 pm IN SHAPE 50+ Studio			Please check our website and social media for changes or cancellations.
EVENING CLASSES		5:30 pm ZUMBA Gym	5:30 pm SPIN Gym <small>*Starting September 12th</small>	5:30 pm ZUMBA ☺ Gym	5:30 pm YOGA & PILATES ON THE BALL** Gym	5:30 pm SIHANATHANG MARTIAL ARTS** Studio	
		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:
 Victoria 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.
 ☺ Denotes family friendly class, youths aged 12 and up with parental supervision are welcome.



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