

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MORNING CLASSES</b>							9:00 am <b>INSANITY</b> Gym
<b>LUNCH CLASSES*</b>	12:00 pm <b>ZUMBA</b> Gym  ☺	<b>BUTTS &amp; BALLS</b> Studio	<b>TOTAL TONING</b> Studio	<b>PILATES</b> Studio		<b>YOGA</b> Studio	10:00 am <b>ZUMBA</b> ☺ Gym
			<b>SPIN</b> Gym	<b>MID-DAY CARDIO BOOST</b> Gym	<b>SPIN &amp; CORE</b> Gym	<b>INTERVAL WORKOUT</b> Gym	10:30 am <b>CARDIO DRUMFIT</b> ☺ Studio
<b>AFTERNOON CLASSES</b>				1:30 pm <b>IN SHAPE 50+</b> Studio			Please check our website and social media for changes or cancellations.
<b>EVENING CLASSES</b>		5:30 pm <b>ZUMBA</b> Gym	5:30 pm <b>SPOGA</b> Gym	5:30 pm <b>ZUMBA</b> ☺ Gym		5:30 pm <b>SIHANATHANG MARTIAL ARTS**</b> Studio	
		6:00 pm <b>SIHANATHANG MARTIAL ARTS**</b> Studio		6:00 pm <b>SIHANATHANG MARTIAL ARTS**</b> Studio			

For 2018 there will be no classes on the following dates: New Years Day, Family Day, Good Friday, Easter Sunday, Easter Monday, Victoria Day, Canada Day, July 2<sup>nd</sup>, August 6<sup>th</sup>, Labour Day, Thanksgiving Day, Remembrance Day, November 12<sup>th</sup>, Christmas Eve, Christmas Day, Boxing Day, New Year's Eve.

\*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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