

1	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING CLASSES							9:00 am SATURDAY SWEAT Gym
LUNCH CLASSES*	12:00 pm ZUMBA Gym ☺	BUTTS & BALLS Studio	TOTAL TONING Studio	PILATES Studio		YOGA Studio	10:00 am ZUMBA ☺ Gym
			SPIN Gym	MID-DAY CARDIO BOOST Gym	SPIN & CORE Gym	INTERVAL WORKOUT Gym	10:30 am CARDIO DRUMFIT ☺ Studio
AFTERNOON CLASSES		1:30 pm WISDOM IN MOTION** 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 SPOGA Gym	5:30 pm ZUMBA ☺ Gym		5:30 pm SIHANATHANG MARTIAL ARTS** Studio	
		6:00 pm SIHANATHANG MARTIAL ARTS** Studio		6:00 pm SIHANATHANG MARTIAL ARTS** 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 2nd, August 6th, Labour Day, Thanksgiving Day, Remembrance Day, November 12th, 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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