

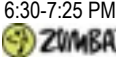
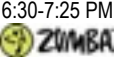



Womens Fitness Clubs of Canada

Effective January 7th, 2019

for class updates: download our app,
or visit www.womensfitnessclubs.com/burlington

MAIN STUDIO A						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:15-6:55 AM BOOTCAMP Lydia		6:15-6:55 AM MUSCLE MIX Jackie			
	8:30-9:25 AM PILATES / BARRE Andrea				8:30-9:25 AM BOOTCAMP Emily	
9:15-9:55 AM  Saelmy	9:30-10:25 AM STEP Jackie O	9:15-10:10 AM MUSCLE MIX Tracey OS	9:15-10:25 AM CYCLONE <i>Mixed Circuit Training</i> Andrea ON	9:00-9:55 AM MUSCLE MIX Pedro MOS	9:30-10:25 AM  Traci-Ann O	9:00-9:55 AM MUSCLE MIX Tracey OS
10:00-10:55 AM MUSCLE MIX Maha OS	10:30-10:55 AM CORE Judice O	10:15-10:40AM CARDIO HIIT Tracey K S	10:30-11:25 AM PILATES Bev G	10:00-10:55 AM LATIN JAM Pedro MO	10:30-11:25 AM MUSCLE MIX Traci-Ann OS	10:30-11:25 AM LATIN JAM Pedro M
11:00-11:55 AM PILATES Julie R. O	11:00-11:55 AM HATHA YOGA Anita GO	11:00-11:55 AM HATHA YOGA Anita GO	11:30AM-12:25PM BARRE Chelsea	11:00-11:55 AM PILATES Julie R. O		11:30-12:25 PM BOOTCAMP Pedro M
12:00-12:55 PM POWER PILATES Julie R. ON		12:00-12:55 PM POWER PILATES Julie R. O				
5:30-6:25 PM LATIN JAM Pedro MO	5:30-6:25 PM MUSCLE MIX Chelsea OS	5:15-5:55PM CARDIO HIIT Pedro MN	5:30-5:55 PM CARDIO KICKBOXING Andrea NS	5:30-6:25PM TABATA/HIIT Traci-Ann	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>— What's NEW! —</p> <p>Power Pilates Mondays at 12 with Julie R.</p> <p>Cycle Fridays at 8:30am (30 min) with Andrea</p> <p>Pilates / Yoga *new time! Saturdays 9am with Muna</p> </div>	
		6:00-6:55PM MUSCLE MIX Pedro M	6:00-6:25 PM TABATA/HIIT Andrea N			
6:30-7:25 PM MUSCLE MIX Tracey OS	6:30-7:25 PM  Lydia		6:30-7:25 PM  Saelmy O			
7:30-8:10 PM CARDIO KICKBOXING Tracey OS		7:00-7:55 PM BOOTCAMP Heather O	7:30-8:25 PM  Chelsea N			
8:15-9:00PM STEP Emily	Studio not available after 8pm	Studio not available after 8pm				
CYCLE STUDIO						
6:15-6:55 AM CYCLE Jackie O				8:30-9:00 AM CYCLE Andrea ON	8:30-9:25 AM CYCLE Natasha O	8:30-9:55 AM CYCLE LONG RIDE Natasha O
9:15-9:55 AM CYCLE Maha O		9:30-10:25 AM CYCLE Natasha ON			9:30-10:25 AM CYCLE Sara O	
6:00-6:55 PM CYCLE Natasha O			6:00-6:55 PM CYCLE Sara O			
STUDIO "B"						
	9:30-10:25 AM HOT YOGA Lauren O	6:15-6:55 AM YOGA FLOW Summer	9:30-10:25 AM HOT YOGA Judi O		9:00-9:55 AM PILATES / YOGA Muna N	10:00-10:55 AM YOGA FLOW Andrea
				12:00-12:55 PM YIN / RESTORATIVE YOGA Jennifer K. OG	10:30-11:25 AM HOT YOGA Carol GO	
5:30-6:25 PM YOGA FLOW Judi O		5:15-6:10 PM PILATES Bev G		5:30-6:25 PM HOT YOGA Judi GO		
6:30-7:25 PM PILATES Bev G	8:00-8:55 PM HOT YOGA Manjari O	7:00-7:55 PM HOT YOGA Lauren O	6:30-7:25 PM HATHA YOGA Carol NGO			

Classes, times and instructors are subject to change without notice. Call the club at 905-631-1520 for class updates; you can also use the Womens Fitness Clubs app or check our website.

*Online Reservations Open 48 hours in Advance and close at 7AM On the Day of the Class **RESERVE ON-LINE!**
O – INDICATES ONLINE RESERVATIONS AVAILABLE (60% of spaces may be reserved online, remainder are first come, first serve)
A – INDICATES ADVANCE CLASS **N** – INDICATES NEW CLASS, TIME OR INSTRUCTOR **M** – INDICATES MALE INSTRUCTOR
G – INDICATES CLASS IS GENTLE **S** - INDICATES STEP MAY BE USED



Recognized as a Heart-wise Facility