

# Womens Fitness Clubs of Canada

Effective May 12th, 2019

for class updates: download our app, "WFCC"  
or visit [www.womensfitnessclubs.com/burlington](http://www.womensfitnessclubs.com/burlington)

MAIN STUDIO A						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:15-7:00 AM <b>BOOTCAMP</b> Lydia		6:15-7:00 AM <b>MUSCLE MIX</b> Jackie			
	<i>Pilates / Barre moved to 12pm</i>				8:35-9:20 AM <b>HIIT 45 - MIX</b> Dana (Traci-Ann) O	
9:15-9:55 AM <b>ZUMBA</b> Saelmy	9:30-10:25 AM <b>STEP</b> Jackie O	9:15-10:10 AM <b>MUSCLE MIX</b> Tracey OS	9:35-10:20 AM <b>HIIT 45 - STRENGTH</b> Andrea (Meredith) ON	9:00-9:55 AM <b>MUSCLE MIX</b> Pedro MOS	9:30-10:25 AM <b>ZUMBA</b> Traci-Ann O	9:10-9:55 AM <b>HIIT 45 - STRENGTH</b> Andrea (Nicole) ON
10:00-10:55 AM <b>MUSCLE MIX</b> Maha OS	10:30-10:55 AM <b>CORE</b> Judice O	10:15-10:40AM <b>CARDIO MIX</b> Tracey K S	10:30-11:25 AM <b>PILATES</b> Bev G	10:00-10:55 AM <b>LATIN JAM</b> Pedro MO	10:30-11:25 AM <b>MUSCLE MIX</b> Traci-Ann OS	10:30-11:25 AM <b>LATIN JAM</b> Pedro M
11:00-11:55 AM <b>PILATES</b> Julie R. O	11:00-11:55 AM <b>HATHA YOGA</b> Anita GO	11:00-11:55 AM <b>HATHA YOGA</b> Anita GO	11:30AM-12:25PM <b>BARRE</b> Chelsea O	11:00-11:55 AM <b>PILATES</b> Julie R. O		11:30-12:25 PM <b>BOOTCAMP</b> Pedro M
12:00-12:55 PM <b>POWER PILATES</b> Julie R. ON	12:00-12:55 PM <b>PILATES / BARRE</b> Andrea N	12:00-12:55 PM <b>POWER PILATES</b> Julie R. O				
5:30-6:25 PM <b>ZUMBA</b> Lydia O	5:35-6:20 PM <b>HIIT 45 - STRENGTH</b> Chelsea (Judice) ON	5:15-6:00 PM <b>PILATES</b> Bev G	5:35-6:20 PM <b>HIIT 45 - STRENGTH</b> Claire (Meredith) O	5:35-6:20PM <b>HIIT 45 - CARIO</b> Nicole (Judice) ON		
6:30-7:25 PM <b>MUSCLE MIX</b> Tracey OS	6:30-7:25 PM <b>STRONG</b> Chelsea N	6:10-6:55PM <b>HIIT 45 - CARDIO</b> Claire (Meredith) N	6:30-7:25 PM <b>ZUMBA</b> Saelmy O			
7:30-8:10 PM <b>CARDIO KICKBOXING</b> Tracey OS		7:00-7:55PM <b>BOOTCAMP</b> Heather O	7:30-8:25PM <b>STEP + CORE</b> Emily N			
	<i>Studio not available after 8pm</i>	<i>Studio not available after 8pm</i>				
CYCLE STUDIO						
6:15-6:55 AM <b>CYCLE</b> Jackie O					8:30-9:25 AM <b>CYCLE</b> Natasha O	8:30-9:55 AM <b>CYCLE LONG RIDE</b> Natasha O
9:15-9:55 AM <b>CYCLE</b> Maha O		9:30-10:25 AM <b>CYCLE</b> Natasha ON			9:30-10:25 AM <b>CYCLE</b> Sara O	
6:00-6:55 PM <b>CYCLE</b> Natasha O			6:00-6:55 PM <b>CYCLE</b> Sara O			
STUDIO "B"						
	9:30-10:25 AM <b>HOT YOGA</b> Lauren O	6:15-6:55 AM <b>YOGA FLOW</b> Susan N	9:30-10:25 AM <b>HOT YOGA</b> Judi O		9:00-9:55 AM <b>PILATES / YOGA</b> Muna	10:05-10:55 AM <b>YOGA FLOW</b> Andrea
				12:00-12:55 PM <b>YIN / RESTORATIVE YOGA</b> Jennifer K. OG	10:30-11:25 AM <b>HOT YOGA</b> Carol GO	
5:30-6:25 PM <b>YOGA FLOW</b> Judi O		<i>Pilates moved to Studio A</i>		5:30-6:25 PM <b>HOT YIN YOGA</b> Judi GO		
6:30-7:25 PM <b>PILATES</b> Bev G	8:00-8:55 PM <b>HOT YOGA</b> Manjari O	7:00-7:55 PM <b>HOT YOGA</b> Lauren O	6:30-7:25 PM <b>YOGA STRETCH</b> Carol GO			

— What's NEW! —

**ZUMBA® w/ Lydia**  
now Mondays @ 5:30pm

**STRONG™ (by Zumba)**  
now Tuesdays @ 6:30pm

**Morning HIIT 45**  
Thursdays & Sundays

**Step + Core**  
Thursdays @ 7:30pm

*Do you have our APP?  
Download "WFCC" now for class  
updates on the go!*

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