

# The Womens Fitness Clubs of Canada

Effective January 2nd 2019 call or visit [www.womensfitnessclubs.com](http://www.womensfitnessclubs.com) for update's

**Richmond Hill Schedule: 905-737-1520**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-7:30 AM FOD KILLER ARMS&BACK	8:00-8:40AM HATHA YOGA Tracy G	7:00-7:30 AM FOD HARD BODY	7:00-7:30AM FOD HITT	7:00-7:30AM FOD PILOXING		
8:30-8:55AM CORE Julie N	8:45-9:45AM MUSCLE MIX Tracy T	8:30-9:25AM PILATES Marlene G	9:00-9:55 AM PILATES/YOGA Louise N	8:45-9:25 AM MUSCLE MIX Tracy T		
9:30-10:25 AM MUSCLE MIX Gillian T		9:30-10:25 AM MUSCLE MIX Joanne T	10:00-10:55 AM ZUMBA Mariela	9:30-10:25 AM ZUMBA Mariana	9:30-10:25 AM ZUMBA Gail	9:30-10:25 AM MUSCLE MIX Adina
10:30-11:25 AM ZUMBA Gillian	10:30-11:30AM PILATES Marilyn G	10:30-11:25 AM ZUMBA Jackie	11:00-11:55 AM HATHA YOGA Jaime G	10:30-11:30AM YIN/YANG YOGA Sandra L G	10:30-11:25 AM MUSCLE MIX Beth T	10:30-11:25 AM ZUMBA Beth
11:30-12:25 PM HATHA FLOW Sandra L G		11:30-12:30 PM YOGA FLOW Stefania G			11:30-12:30 PM GENTLE HATHA Debbie G	11:30-12:30 PM VINYASA YOGA May G
			5:30-5:50PM 50/50 CORE Sandra A N			
6:00-6:55 PM NIA Cinzia G	6:00-6:55 PM MUSCLE MIX Lisa	6:00-6:55 PM MUSCLE MIX Joanne	6:00-6:55 PM STRONG BY ZUMBA Beth	5:45-6:25PM ABS AND ROCK BOTTOMS Debbie N		
7:00-7:55PM MUSCLE MIX Adina N	7:00-7:55 PM ZUMBA Gail	7:00-7:45PM METAFIT- HITT Joanne N	7:00-7:55PM ZUMBA Beth	6:30-7:30PM ZUMBA Simone		
8:00-9:00PM ZUMBA Mariana	8:00-9:00PM GENTLE HATHA Sandra L G N	8:00-9:00PM VINYASA YOGA Deborah W N G	8:00-9:00PM YIN/YANG YOGA Debbie N G			
CYCLE STUDIO						
9:00-9:30AM CYCLE Gillian N T		8:45-9:25 AM CYCLE Joanne T		9:30-10:15 AM CYCLE Tracy T		8:45 9:25 AM CYCLE Adina T
6:30-6:55PM CYCLE Adina N			6:00-6:25PM 50/50 CYCLE Sandra A T N			

N – INDICATES NEW CLASS, TIME OR INSTRUCTOR

Recognized as a Heart Wise Facility

O – INDICATES ONLINE RESERVATIONS ONLY AVAILABLE (25% of spaces may be reserved Online and the remainder is first come, first serve)...

T – INDICATES TOKEN IS REQUIRED G - INDICATES CLASS IS GENTLE M- INDICATES MALE INSTRUCTOR

\*Classes, times and instructors are subject to change without notice.\*

FOD.....FITNESS ON DEMAND



