

# The Womens Fitness Clubs of Canada

Effective: January 7th, 2019

call or visit [www.womensfitnessclubs.com](http://www.womensfitnessclubs.com) for updates.

**Promenade Schedule: 905-731-1520**

6am-10:45pm	6am-10:45pm	6am-10:45pm	6am-10:45pm	6am-10pm	7am-6pm	7am-6pm
MAIN STUDIO "A"						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-6:55 AM Circuit Training Brittney		6:15 -7:15 AM MUSCLE MIX Lisa		6:45-7:15 AM Muscle Mix Karen		
8:45-9:25 AM HIIT Louise	8:45-9:25 AM TOP TO BOTTOM Melissa	8:45-9:25 AM Bootcamp Asaf <b>M</b>	8:30-9:25 AM Pilates Donna		8:45-9:55 AM YOGA Lisa	8:30-9:25 AM  Gail <b>O</b>
/9:30-10:25 AM Muscle Mix Varissa	9:30-10:25 AM Muscle Mix Adina	9:30-10:10 AM MUSCLE MIX (Gentle). Gillian <b>GO</b>	9:30-10:25 AM  Jackie/Gillian <b>O</b>	8:45-9:25 AM MUSCLE MIX Gail <b>O</b>	10:00-10:55 AM MUSCLE MIX Elizabeth/Gillian <b>O</b>	9:30-10:25 AM MUSCLE MIX Gail <b>O</b>
10:30-11:25 AM Cardio Groove Smylee <b>M</b>	10:30-11:25 AM Kelani Dance Ioana <b>N</b>	10:15-10:55 AM ABS & ROCK BOTTOMS Alin <b>MO</b>	10:30-11:40 AM YOGA Aida	9:30-10:25 AM  Gail <b>O</b>		10:30-11:25 AM Pilates Lisa
11:30-12:30 PM Yoga Gordana <b>G</b>	11:30-12:25 PM  Alla	11:00-12:15 PM NIA ATHLETIC Sandy <b>G</b>		10:30-11:25 AM NIA Sandy <b>G</b>	11:30-12:25 PM  Jackie <b>O</b>	11:30-12:25 PM Cardio Kickboxing  Gail/Gillian
1:00-2:15 PM NIA TECHNIQUE Cinzia <b>G</b>	<b>MOMMY &amp; BABY FITNESS</b>  1:00-3:00PM		<b>MOMMY &amp; BABY FITNESS</b>  1:00-3:00 PM	11:30-12:30 PM Yin Restorative Kim <b>G</b>		12:30-1:25 PM BELLY DANCING Lori
				12:45-1:40 PM TOP TO BOTTOM Melissa		
5:15-5:55 PM MUSCLE MIX Elizabeth	5:30-6:00 PM Muscle Mix Gillian <b>O</b>	5:00-5:55 PM YOGA Amanda <b>N</b>	4:30-5:25 PM MUSCLE MIX Alin <b>MO</b>	4:30-5:25 PM MUSCLE MIX Alin <b>MO</b>		
6:30-7:25 PM  Gail <b>O</b>	6:00-6:25 PM Core on the Floor Beth	6:00-6:55 PM MUSCLE MIX (STEP) Gail	6:00-6:55 PM Hatha Yoga Anupma <b>N</b>	5:30-6:25 CARDIO KICK BOXING Alin <b>M</b>		
7:30-8:30 PM Cyclone Gail	6:30-7:25 PM  Beth	7:00-7:55 PM  Gail <b>O</b>	7:00-7:55 PM  Stephanie <b>NO</b>			
	7:30-8:25 PM  Simone <b>O</b>		8:00-8:45PM Bootcamp Asaf <b>NM</b>			
CYCLE STUDIO						
9:30-10:30 AM CYCLE Adina <b>O</b>	8:45-9:30 AM CYCLE Simma <b>O</b>			6:15-6:40 AM Cycle Karen <b>O</b>		8:30-9:25 AM CYCLE Lesley <b>O</b>
		9:30-10:15 AM CYCLE Melissa <b>O</b>	8:45-9:30 AM CYCLE Gillian/Varissa <b>O</b>	8:45-9:25 AM CYCLE Louise <b>O</b>	9:00-9:55 AM CYCLE Gillian/ Elizabeth <b>O</b>	
6:00-6:45 PM CYCLE Elizabeth	5:00-5:25 PM Cycle Gillian <b>O</b>		7:15-7:55 PM Cycle Joseph <b>MO</b>			
STUDIO "B"						
10:30-11:25 AM RED. HEAT HOT YOGA Stefania <b>O</b>				9:30-10:25 AM Pilates Adina <b>O</b>	10:00-10:55 AM Abs & Rock Bottoms Lisa	9:30-10:25 AM Muscle Mix Stephanie <b>NO</b>
12:30-1:25 PM Circuit Training Melissa	10:30-11:25 AM RED. HEAT HOT YOGA Stefania <b>O</b>	10:30-11:25 AM Yin Restorative Amanda <b>NO</b>	10:30-11:25 AM RED. HEAT HOT YOGA Stefania <b>O</b>			
	11:30-12:25 PM Pilates Ioana <b>O</b>					
6:30-7:25 PM YIN YANG YOGA Stefania <b>O</b>	8:00-9:00 PM RED. HEAT HOT YOGA Selina <b>O</b>	8:30-9:30 PM RED. HEAT HOT YOGA Adina. <b>O</b>				4:00-5:00PM HOT YOGA Jaime <b>O</b>

**N** – INDICATES NEW CLASS, TIME OR INSTRUCTOR

**O** – INDICATES ONLINE RESERVATIONS AVAILABLE (60% of spaces may be reserved online and the remainder is first come, first serve)

\*Online Reservations Open 48 hours in Advance at 7AM and closes at 7AM On the Day of the Class ..... **RESERVE ON-LINE!** **G** –

Indicates class is gentle.

Recognized as a  
Heart Wise Facility



**M** – INDICATES MALE INSTRUCTOR

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