


The Womens Fitness Clubs of Canada

Effective January 2nd 2019 call or visit www.womensfitnessclubs.com for update's

Richmond Hill Schedule: 905-737-1520

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00-8:40AM HATHA YOGA Tracy G					
8:30-8:55AM CORE Julie N	8:45-9:45AM MUSCLE MIX Tracy T	8:30-9:25AM PILATES Marlene G	9:00-9:55AM PILATES/YOGA Louise N	8:45-9:25 AM MUSCLE MIX Tracy T		
9:30-10:25 AM MUSCLE MIX Gillian T		9:30-10:25AM MUSCLE MIX Joanne		9:30-10:25 AM  Mariana	9:30-10:25 AM  Gail	9:30-10:25 AM MUSCLE MIX Adina
10:30-11:25 AM  Gillian	10:30-11:30AM PILATES Marilyn G	10:30-11:25 AM  Jackie	10:00-10:55 AM  Mariela	10:30-11:30AM YIN/YANG YOGA Sandra L G	10:30-11:25 AM MUSCLE MIX Beth T	10:30-11:25 AM  Beth
11:30-12:25 PM HATHA FLOW Sandra L G		11:30-12:30 PM YOGA FLOW Stefania G	11:00-12:00PM HATHA YOGA Jaime G		11:30-12:30 PM GENTLE HATHA Debbie G	11:30-12:30 PM VINYASA YOGA May G
6:00-6:55 PM NIA Cinzia	6:00-6:55 PM MUSCLE MIX Lisa	6:00-6:55 PM MUSCLE MIX Joanne	6:00-6:55 PM  Beth	5:45-6:25PM ABS & ROCK BOTTOMS Debbie N		
7:00-7:55PM MUSCLE MIX Adina N	7:00-7:55 PM  Gail	7:00-7:45PM HITT Joanne N	7:00-7:55PM  Beth	6:30-7:30PM  Simone		
8:00-9:00PM  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
630-6:55PM CYCLE Adina						

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



