












The Womens Fitness Clubs of Canada

Effective: January 7th, 2019

call or visit www.womensfitnessclubs.com for updates.

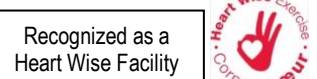
6am-10:45pm	6am-10:45pm	6am-10:45pm	6am-10:45pm	6am-10pm	7am-6pm	7am-6pm
MAIN STUDIO "A"						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-6:55 AM Circuit Training Brittany N		6:15 -7:15 AM MUSCLE MIX Lisa		6:45-7:15 AM Muscle Mix Karen		
8:45-9:25 AM HIIT Louise	8:45-9:25 AM TOP TO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

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.



M – INDICATES MALE INSTRUCTOR

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