

Womens Fitness

Clubs of Canada

PICKERING TOWN CENTRE

905-420-1520

Effective: Monday, June 3, 2019

MAIN STUDIO A						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		6:30-7:15 AM BOOTCAMP Andrea		6:30-7:15 AM HIIT45-MIX Lynda O/N		
8:45-9:25 AM  Heidi	8:45-9:25 AM BOOTCAMP Leyla	8:45-9:25 AM HIIT45-CARDIO Maureen O/N	8:45-9:25 AM STEP Lynda	8:45-9:25 AM TABATA Cindy	8:30-9:25 AM SOCA FIT Ernie	8:30-9:25 AM MUSCLE MIX PLUS Nella
9:30-10:30 AM MUSCLE MIX Lynda	9:30-10:25 AM MASHUP MANIA Maureen	9:30-10:25 AM MUSCLE MIX Nella	9:30-10:25 AM VINYASA YOGA Junko	9:30-10:25 AM CARDIO GROOVE Len M	9:30-10:25 AM MASHUP MANIA Lynda/Maureen	9:30-10:25 AM  Nella
10:30-11:30 AM PILATES Theresa G	10:30-11:30 AM YOGA DANCE Shari G	10:30-11:25 AM FUSION Junko G	10:30-11:30 AM YOGA DANCE Shari G	10:30-11:25 AM YOGA FLOW Christina G	10:30-11:30 AM PILATES Nicole G	10:30-11:30 AM HATHA YOGA Junko G
5:30-6:10 PM  Lynda	5:00-5:45 PM HIIT45-MIX Cindy O/N	5:30-6:25 PM MUSCLE MIX Antoinette	6:00-6:40 PM HIIT45-MUSCLE Ré O/N			
6:15-6:55 PM  Felix M	6:30-7:25 PM PILATES Nicole G	6:30-7:25 PM  Heidi	7:30-8:25 PM CARDIO GROOVE Len M			
7:00-7:55 PM YIN YOGA Len M	7:30-8:30 PM  Amanda					
STUDIO B						
9:30-10:25 AM YOGA Nicki	9:30-10:25 AM POWER YOGA Karen			8:45-9:30 AM  Stephanie G	9:30-10:40 AM HOT YOGA Gerald M	
		7:00-7:55 PM HOT YOGA Kayla	8:30-9:25 PM HOT YOGA Len M			
CYCLE STUDIO						
8:45-9:25 AM CYCLE Lynda	6:30-7:15 AM CYCLE Heather	8:45-9:25 AM CYCLE Cindy		9:30-10:15 AM CYCLE Leah	8:45-9:25 AM CYCLE Lynda	
	6:30-7:15 PM CYCLE HIIT Lynda O		6:45-7:30 PM CYCLE Lynda		Recognized as a Heart Wise Facility	

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

N – INDICATES NEW CLASS, TIME OR INSTRUCTOR **M** – INDICATES MALE INSTRUCTOR **G** – INDICATES CLASS IS GENTLE

O – INDICATES ONLINE RESERVATIONS AVAILABLE (60% OF SPACES MAY BE RESERVED ONLINE, REMAINDER ARE FIRST COME, FIRST SERVED). AVAILABLE TO BOOK UP TO 48 HOURS IN ADVANCE. BOOKINGS WILL CLOSE AT 7:00 AM THE DAY OF THE CLASS.