

# The Womens Fitness Clubs of Canada

Effective June 7th 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
	8:00-8:40 AM <b>HATHA YOGA</b> Tracy <b>G</b>					
9:00-9:45 AM <b>HITT45</b> Gillian/Julie <b>N</b>	8:45-9:45 AM <b>MUSCLE MIX</b> Tracy <b>T</b>	8:30-9:25 AM <b>PILATES</b> Marlene <b>G</b>	8:45-9:30 AM <b>HIIT 45</b> Louise / Julie <b>NR</b>	8:45-9:25 AM <b>MUSCLE MIX</b> Tracy <b>T</b>		
9:45-10:40 AM <b>MUSCLE MIX</b> Gillian <b>T</b>	10:00-10:45 AM <b>HIIT 45</b> Beth/Julie <b>NR</b>	9:30-10:25 AM <b>MUSCLE MIX</b> Joanne	9:35-10:25 AM <b>PILATES/YOGA</b> Louise <b>N</b>	9:30-10:25 AM  Mariana	9:30-10:25 AM  Gail	9:30-10:25 AM <b>MUSCLE MIX</b> TBA
10:45-11:25 AM  Gillian <b>N</b>	11:00-12:00 PM <b>PILATES</b> Marilyn <b>GN</b>	10:30-11:25 AM  Jackie	10:30-11:25 AM  Mariela	10:30-11:30 AM <b>YIN/YANG YOGA</b> Sandra L <b>G</b>	10:30-11:25 AM <b>MUSCLE MIX</b> Beth <b>T</b>	10:30-11:25 AM  Beth
11:30-12:25 PM <b>HATHA FLOW</b> Sandra L <b>G</b>		11:30-12:30 PM <b>YOGA FLOW</b> Stefania <b>G</b>	11:30-12:30 PM <b>HATHA YOGA</b> Jaime <b>G</b>		11:30-12:30 PM <b>GENTLE HATHA</b> Debbie <b>G</b>	11:30-12:30 PM <b>VINYASA YOGA</b> May <b>G</b>
6:00-6:45 PM <b>HIIT 45</b> Beth/Lily <b>NR</b>	6:00-6:55 PM <b>MUSCLE MIX</b> Lisa	6:00-6:55 PM <b>MUSCLE MIX</b> Joanne	6:00-6:55 PM  Beth	5:30-6:15 PM <b>HIIT 45</b> Georgette/Dee <b>NR</b>		
7:00-7:55 PM <b>MUSCLE MIX</b> Beth <b>N</b>	7:00-7:55 PM  Gail	7:15-8:00 PM <b>HIIT 45</b> Joanne/Georgette <b>RN</b>	7:00-7:55 PM  Beth	6:30-7:30 PM  Simone		
8:00-9:00 PM  Mariana	8:00-9:00 PM <b>GENTLE HATHA</b> Sandra L <b>GN</b>		8:00-9:00 PM <b>YIN/YANG YOGA</b> Debbie <b>NG</b>			
CYCLE STUDIO						
		8:45-9:25 AM <b>CYCLE</b> Joanne <b>T</b>		9:30-10:15 AM <b>CYCLE</b> Tracy <b>T</b>		8:45 9:25 AM <b>CYCLE</b> Simma <b>T</b>

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

**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.\*

Recognized as a Heart Wise Facility



