











The Womens Fitness Clubs of Canada

Effective: September 9th, 2019

Call 905-731-1520 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 -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 N		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 POWER YOGA Stefania NO	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  Mariana	10:30-11:25 AM NIA Cinzia	10:15-10:55 AM ABS & ROCK BOTTOMS Alin MO	10:30-11:40 AM YOGA Aida	9:30-10:25 AM  Gail O	11:15-12:00 PM HIIT 45 Jackie O	10:30-11:25 AM Pilates Lisa
11:30-12:30 PM Yoga Gordana G		11:00-12:15 PM NIA ATHLETIC Sandy G		10:45- 11:30 AM HIIT 45 Louise O	12:00-12:55 PM  Jackie O	
12:45 -1 :30 pm HIIT 45 Melissa	MOMMY & BABY FITNESS 1 :00-3 :00PM		MOMMY & BABY FITNESS 1 :00-3 :00 PM	11:35-12:30 PM Yin Restorative Kim G		12:30 - 1:25 PM Belly Dancing Lori N
				12:45-1:40 PM TOP TO BOTTOM Melissa		
5:15-5:55 PM MUSCLE MIX Elizabeth	5:30-6:00 PM HIIT Mix Gillian O	5:15-6:00 PM HIIT 45 Elizabeth NO	4:30-5:25 PM MUSCLE MIX Alin MO			
6:00- 6:55 PM Ying Yang Yoga Stefania O	6:00-6:25 PM Core on the Floor Beth	6:00-6:55 PM MUSCLE MIX(STEP) Gail	6:00-6:55 PM Restorative Yoga Stacie N	4:30-5:25 PM MUSCLE MIX Alin MO		
7:00- 7:55 PM  Gail NO	6:30-7:25 PM  Beth	7:00-7:55 PM  Gail O	7:00-7:55 PM  Stephanie NO	5:30-6:25 CARDIO KICK Alin M		
8:15-9:00 PM Cyclone Gail NO	7:30-8:25 PM  Simone O		8:00-8:45PM Bootcamp Asaf M			
CYCLE STUDIO						
9:30-10:30 AM CYCLE Louise	8:45-9:30 AM CYCLE Simma O			6:15-6:40 AM Cycle Karen		8:30-9:25 AM CYCLE Lesley
		9:30-10:15 AM CYCLE Melissa O	8:45-9:30 AM CYCLE Gillian ON	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 O		7:00--7:45 PM CYCLE Joseph MNO			
STUDIO "B"						
10:30-11:25 AM RED. HEAT POWER FLOW YOGA Stefania O				9:30-10:25 AM Fusion Louise N	10:00-10:55 AM Abs & Rock Bottoms Lisa	9:30-10:25 AM Muscle Mix Stephanie
	10:30-11:25 AM RED. HEAT HOT YOGA Stefania O	10:30-11:25 AM Yin Restorative Stacie NO	10:30-11:25 AM RED. HEAT POWER FLOW YOGA Stefania NO	10:30-11:25 AM NIA Sandy G		11:00 -11:55 AM Turbo HIIT Box Gail/ Gillian N
	8:00-8:55 PM RED. HEAT HOTYOGA Louise O	8:30-9:25 PM RED. HEAT HOTYOGA Jaime NO				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

Recognized as a Heart Wise Facility



