


# Womens Fitness Clubs of Canada

## PICKERING TOWN CENTRE

905-420-1520

Effective: Monday, September 16, 2019

MAIN STUDIO A						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		6:30-7:15 AM <b>BOOTCAMP</b> Andrea		6:30-7:15 AM <b>HIIT45-MIX</b> Lynda <b>O/N</b>		
8:45-9:25 AM  Heidi	8:45-9:25 AM <b>BOOTCAMP</b> Leyla	8:45-9:25 AM <b>HIIT45-CARDIO</b> Marta <b>O/N</b>	8:45-9:25 AM <b>STEP</b> Lynda	8:45-9:25 AM <b>TABATA</b> Cindy	8:30-9:25 AM <b>SOCA FIT</b> Ernie	8:30-9:25 AM <b>MUSCLE MIX PLUS</b> Nella
9:30-10:30 AM <b>MUSCLE MIX</b> Lynda	9:30-10:25 AM <b>MASHUP MANIA</b> Leah <b>N</b>	9:30-10:25 AM <b>MUSCLE MIX</b> Nella	9:30-10:25 AM <b>VINYASA YOGA</b> Audrianna <b>N</b>	8:45-9:30 AM  Stephanie (STUDIO B) <b>G</b>	9:30-10:25 AM <b>MASHUP MANIA</b> Lynda/Marta <b>N</b>	9:30-10:25 AM  Nella
9:30-10:25 AM <b>YOGA</b> Nicki <b>N</b> (STUDIO B)	10:30-11:30 AM <b>YOGA DANCE</b> Shari <b>G</b>	10:30-11:25 AM <b>FUSION</b> Chantale <b>NG</b>	10:30-11:30 AM <b>YOGA DANCE</b> Shari <b>G</b>	9:30-10:25 AM <b>CARDIO GROOVE</b> Len <b>M</b>	9:30-10:40 AM <b>HOT YOGA</b> Gerald <b>M</b> (STUDIO B)	9:30-10:15 AM  Ndem <b>N</b> *Starts Sept 22 for 10 wks (STUDIO B)
10:30-11:30 AM <b>PILATES</b> Theresa <b>G</b>				10:30-11:25 AM <b>YOGA FLOW</b> Christina <b>G</b>	10:30-11:30 AM <b>PILATES</b> Nicole <b>G</b>	10:30-11:30 AM <b>YOGA</b> Heather <b>NG</b>
5:30-6:10 PM  Lynda	5:00-5:45 PM <b>HIIT45-MIX</b> Cindy <b>O/N</b>	5:30-6:25 PM <b>MUSCLE MIX</b> Antoinette	6:00-6:40 PM <b>BOOTCAMP</b> Ré			
6:15-6:55 PM  Felix <b>M</b>	6:30-7:25 PM <b>PILATES</b> Nicole <b>G</b>	6:30-7:25 PM  Heidi	7:00-8:00 PM <b>YOGA FLOW</b> Len <b>NM</b>			
7:00-7:55 PM <b>YIN YOGA</b> Len <b>M</b>	7:30-8:30 PM  Nella <b>N</b>	6:30-7:25 PM <b>HOT YOGA</b> Heather <b>N</b> (STUDIO B)				
CYCLE STUDIO						
8:45-9:25 AM <b>CYCLE</b> Lynda		8:45-9:25 AM <b>CYCLE</b> Cindy			8:45-9:25 AM <b>CYCLE</b> Lynda	
	6:30-7:15 PM <b>CYCLE HIIT</b> Lynda <b>O</b>	6:30-7:15 PM <b>CYCLE</b> Leah <b>N</b>	6:45-7:30 PM <b>CYCLE</b> 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.