



# The Womens Fitness Clubs of Canada

Effective November 16th 2020 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
	9:00--9:45AM <b>MUSCLE MIX</b> Tracy R N	9:00-9:45 AM <b>MUSCLE MIX</b> Joanne R	9:00-9:45 AM <b>MUSCLE MIX</b> Louise R	9:00-9:45 AM <b>MUSCLE MIX</b> Tracy R		
10:00-10:45AM <b>MUSCLE MIX</b> Gillian R	10:00-10:45 AM <b>HATHA YOGA</b> Stacie R N	10:00-10:45 AM  Alla R	10:00-10:45 AM <b>HATHA YOGA</b> Louise R G	10:00-10:45 AM  Cherrylyn R	9:00-9:45 AM  Gail R	9:00-9:45 AM <b>MUSCLE MIX</b> Beth R
11:00-11:45AM <b>YOGA</b> Debbie R G		11:15-12:00 PM <b>YOGA FLOW</b> Stefania G R			10:00-10:45AM <b>MUSCLE MIX</b> Beth R	10:15-11:00 AM <b>VINYASA YOGA</b> May GR
					11:00-11:145 AM <b>YOGA</b> Debbie R G	
6:00-6:45PM R  Alla	6:30-7:15PM <b>MUSCLE MIX</b> Gail R	6:00-6:45 PM <b>MUSCLE MIX</b> Melissa R	6:00-6:45 PM <b>MUSCLE MIX</b> Beth R			
7:00-7:30PM <b>ABS</b> Graziela R	7:30-8:15 PM  Gail R		7:00-7:45 PM  Beth R			
CYCLE STUDIO						
9:00-9:45AM <b>CYCLE</b> Gillian R N						

N – INDICATES NEW CLASS, TIME OR INSTRUCTOR

Recognized as a Heart Wise Facility

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.\*



