



Womens Fitness Clubs of Canada

AJAX
7 Rossland Road East Unit 201
Ajax, ON L1Z 0T4
905-239-1530

Effective: **DECEMBER 13th, 2020**
JOIN OUR GROUP FITNESS FACEBOOK GROUP!
www.facebook.com/groups/wfccgroupfitnessajax/

Please contact Group Exercise Coordinator, Nella Mauro at nmauro@womensfitnessclubs.com

MAIN STUDIO "A"						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00-9:45AM MUSCLE MIX Cindy R			9:00-9:45AM HIIT Circuit Danielle R	10:00-10:45AM HIIT Cardio Lynda R	9:00-10:45AM YOGA FLOW Lori R	
		10:00-10:45AM  ZUMBA Heidi N R				
				6:00-6:45PM  Jennifer R		
	7:00-7:45PM  Jennifer N R	7:00-7:45PM HiIT Sandy R	7:00-7:45PM WARRIOR Heidi R			
8:00-8:45PM SOCAFIT Ernie R						
STUDIO B						
6:00-6:45PM YOGA (Candlelight Yoga) Lori N R				7:00-7:45PM YOGA (Candlelight Yoga) Lori R		

N - INDICATES NEW CLASS, TIME OR INSTRUCTOR G - INDICATES CLASS IS GENTLE R-Indicates ADVANCED ONLINE RESERVATIONS UP TO 48 HOURS IN ADVANCE. BOOKINGS WILL CLOSE AT 7:00 AM THE DAY OF THE CLASS. Reservations are First Come First Serve. Classes, times and instructors are subject to change without notice **Online Reservations Open 48 hours in Advance and close at 7AM On the Day of the EClass. RESERVE ON-LINE **