






Womens Fitness

Clubs of Canada

PICKERING TOWN CENTRE

905-420-1520

Effective: Monday, December 14, 2020

STUDIO A						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9:00-9:35 AM BOOTCAMP Andrea R		9:00-9:35 AM STEP & SCULPT Lynda R	9:00-9:35 AM HIIT Cindy R	9:00-9:35 AM PILATES Nicole R	9:00-9:45 AM MUSCLE MIX PLUS Eduardo R
9:40-10:15 AM MUSCLE MIX Lynda R	9:40-10:15 AM BOOTCAMP Andrea R	9:40-10:15 AM MUSCLE MIX Michelle R	9:40-10:15 AM 50/50 STEP Lynda R	9:40-10:15 AM HIIT Cindy R	9:40-10:15 AM CARDIO MIX Lynda R	10:00-10:45 AM YOGA Heather R
10:20-10:55 AM  ZUMBA Heidi R	10:20-10:55 AM YOGA DANCE Shari R	10:20-10:55 AM YOGA Audrianna R	10:20-10:55 AM PILATES Theresa R	10:20-10:55 AM  ZUMBA Heidi RG	10:20-10:55 AM TABATA Eduardo R	
5:00-5:45 PM TABATA Lynda R		5:00-5:45 PM YOGA Heather R	5:00-5:45 PM MUSCLE MIX Ré R	6:00-6:45 PM  STRONG NATION Sandy R		
7:00-7:45 PM  ZUMBA Heidi R		7:00-7:45 PM MUSCLE MIX Eduardo MR	7:00-7:45 PM PILATES Nicole O. R			
CYCLE STUDIO						
9:00-9:35 AM CYCLE Lynda R		9:00-9:35 AM CYCLE Cindy R				
	5:00-5:45 PM CYCLE DRILLS Lynda R				<div style="border: 1px solid red; padding: 5px; display: inline-block;"> Recognized as a Heart Wise Facility  </div>	

****Classes, times and instructors are subject to change without notice.**

G – INDICATES CLASS IS GENTLE-SUITABLE FOR OLDER ADULTS AND MEMBERS WITH PHYSICAL LIMITATIONS

N – INDICATES NEW CLASS, TIME OR INSTRUCTOR **M** – INDICATES MALE INSTRUCTOR

R – INDICATES ONLINE RESERVATIONS (AT THE CURRENT TIME ALL CLASSES WILL BE ONLINE RESERVATION). AVAILABLE TO BOOK UP TO 48 HOURS IN ADVANCE. BOOKINGS WILL CLOSE AT 7:00 AM THE DAY OF THE CLASS.

SUSPENDED – CLASS CANCELLED UNTIL FURTHER NOTICE