

# ALLOY & Womens Fitness Clubs of Canada

Effective OCTOBER 1st, 2019

## STUDIO B - TEAM TRAINING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
D A Y	8:00AM <b>AFTERBURN</b>		8:00AM INDUSTRIAL STRENGTH		8:00AM TRAINER'S CHOICE		
	9:10AM <b>AFTERBURN</b>	9:30-10:25 AM HOT YOGA	9:10AM INDUSTRIAL STRENGTH	9:30-10:25 AM HOT YOGA	9:10AM TRAINER'S CHOICE	10:30AM HOT YOGA	10:15AM <b>AFTERBURN</b>
	10:15AM FOUNDATIONS	11:15AM TRX BOOTCAMP			10:30AM SMALL GROUP - BONE HEALTH		
					12:00PM WARM YIN YOGA		
E V E		5:30PM STABILITY & STRENGTH	6:45-7:40 PM HOT YOGA	5:30PM <b>AFTERBURN</b>	5:30PM HOT YIN YOGA		
	7:30PM <b>AFTERBURN</b>			7:30PM <b>AFTERBURN</b>			
	8:30PM <b>AFTERBURN</b>	8:00PM INDUSTRIAL STRENGTH	8:00PM INDUSTRIAL STRENGTH	8:30PM <b>AFTERBURN</b>			

Team Training (maximum 16 people). Sessions are about 45 minutes.  
Schedule and coaches subject to change without notice.