


## BURLINGTON SCHEDULE

491 Appleby Line, #200  
Burlington, Ontario  
L7L 2Y1  
905-631-1520  
www.womensfitnessclubs.com

Effective as of: February 22<sup>nd</sup>, 2021

MAIN STUDIO A						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30-10:15 AM ZUMBA Saelmy Schmidt	9:30-10:15AM STEP Jackie Elicott	9:15-10:00 AM BARRE Jennifer King		10:15-11:00 AM 50/50 CYCLE/STRENGTH Jennifer King	9:30-10:15 AM ZUMBA Simi Sen	8:45-9:30 AM MUSCLE MIX Nicole Purdie
10:30-11:15 AM MUSCLE MIX Maha Al Abadilah	11:15-12:00 PM HATHA YOGA Anita Verma	10:30-11:15 AM HATHA YOGA Anita Verma	10:30-11:15 AM PILATES Beverly Cahill	11:30-12:15 PM YING YANG YOGA Jennifer King	10:30-11:15 AM BARRE Fiona	9:45-10:30 AM BOOTCAMP Nicole Purdie
11:30-12:15 PM PILATES Beverly Cahill		11:30-12:15 AM HATHA YOGA Anita Verma		12:30-1:15 PM YING YANG YOGA Jennifer King	11:30-12:15 PM BARRE Fiona	10:45-11:30 AM YOGA FLOW Hazel Bowles
5:30-6:15 PM YOGA FLOW Susan Anderson – Wilcox	5:30-6:15 PM ZUMBA Atilio	5:30-6:15 PM PILATES Beverly Cahill	5:30-6:15 PM MUSCLE MIX Nicole Purdie			
6:30-7:15 PM MUSCLE MIX Judice	6:30-7:15 PM ZUMBA Atilio	7:45-8:30 PM STRETCH AND RESTORE YOGA Jane Wilson	6:30-7:15 PM ZUMBA Saelmy Schmidt			
	7:30-8:15 PM YING YANG YOGA Dominique Sy					
					<div style="border: 2px solid red; border-radius: 15px; padding: 5px; display: flex; align-items: center;"> <div style="flex: 1;"> <p>Recognized as a Heart Wise Facility</p> </div>  </div>	

**\*Classes, Times and Instructors are Subject To Change Without Notice.**

**N – INDICATES NEW CLASS, TIME OR INSTRUCTOR G – INDICATES CLASS IS GENTLE. R – INDICATES ADVANCED ONLINE RESERVATIONS FOR UP TO 48 HOURS IN ADVANCE. BOOKINGS WILL CLOSE AT 7:00 AM THE DAY OF THE CLASS. Reservations are First Come First Serve.**