





The Womens Fitness Clubs of Canada

Effective: March 22, 2021

visit www.womensfitnessclubs.com for updates

Promenade Schedule: 905-731-1520

6am-10:45pm	6am-10:45pm	6am-10:45pm	6am-10:45pm	6am-10pm	7am-6pm	7am-6pm
MAIN STUDIO "A"						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:30-9:10AM CYCLE Simma O	8:30-9:15 AM Bootcamp Asaf MO	8:30-9:10AM CYCLE Gillian SO	8:45-9:30 AM MUSCLE MIX Gail O		8:30-9:15AM  Gail O
9:00-9:45 AM HIIT Louise O	9:15-10:00AM Top to Bottom Melissa O		9:15- 10:00AM MUSCLE MIX Gillian O		9:00-9:45 AM CYCLE Gillian O	
10:00-19:45AM Yoga Louise O		9:30-10:15 AM MUSCLE MIX Varissa O		9:30-10:15AM  Gail O	9:00-9:45AM Muscle mix Elizabeth O	9:30-10:15AM MUSCLE MIX Gail O
	10:30-11:15 AM POWER YOGA Stefania O	10:30-11:15 PM Stretch & Strength Varissa O	10:30-10:45AM Yin Yang YOGA Stefania O	11:00-11:45AM CYCLE Melissa SO		
1:00-1:45 PM TOTAL BODY Melissa O					12:15-1:00PM Yoga Flow Lisa O	12:00-12:45 PM Pilates Lisa O
5:00-5:45PM MUSCLE MIX Plus Elizabeth O		5:00-5:45PM BOX HIIT ELIZABETH O		4:30 5:15 PM MUSCLE MIX Alin MO		
6:00-6:45PM CYCLE Elizabeth SO	6:00-6:45PM Strong Nation (HIIT) Beth O		6:00-6:45 PM Abs & Rock Bottoms Melissa O	5:30-6:15 CARDIO KICK Alin MO PAID CLASS		
		7:00-7:45 PM  Gail O				
	8:00-8:45PM Fusion Gabby O		7:30-7:15 PM  Stephanie O			
SATELLITE CYCLE STUDIO						
	8:30-9:10AM CYCLE Simma SO		8:30-9:10 AM CYCLE Gillian SO		9:00-9:45 AM CYCLE Gillian SO	
6:00-6:45 PM CYCLE Elizabeth SO						
STUDIO "B"						

N – INDICATES NEW CLASS, TIME OR INSTRUCTOR

O – INDICATES ONLINE RESERVATIONS AVAILABLE (60% of spaces may be reserved online, and the remainder is first come, first serve) *Online Reservations Open 48 hours in Advance at 7AM and closes at 7AM On the Day of the Class

..... **RESERVE ON-LINE!**

G – Indicates class is gentle.

M – INDICATES MALE INSTRUCTOR

***Classes, times and instructors are subject to change**

Recognized as a Heart Wise Facility

without notice.