





# The Womens Fitness Clubs of Canada

Effective March 22<sup>nd</sup> 2021 call or visit [www.womensfitnessclubs.com](http://www.womensfitnessclubs.com) for update's

**Richmond Hill Schedule: 905-737-1520**

The Womens Fitness Clubs of Canada						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00-9:45AM <b>MUSCLE MIX</b> Gillian RN	9:00-9:45AM <b>MUSCLE MIX</b> Tracy R N	8:45-9:30 AM <b>MUSCLE MIX</b> Joanne R	9:00-9:45 AM <b>HATHA YOGA</b> Louise R G	8:45-9:30AM <b>MUSCLE MIX</b> Tracy R	9:00-9:45 AM  Gail R	9:00-9:45 AM <b>MUSCLE MIX</b> Beth
	10:00-10:45 AM <b>HATHA YOGA</b> Stacie R G	10:00-10:45 AM  Alla R	10:00-10:45 AM <b>MUSCLE MIX</b> Louise R	10:00-10:45 AM  Cherrylyn R	10:00-10:45AM <b>MUSCLE MIX</b> Beth R	10:15-11:00 AM <b>VINYASA YOGA</b> May G R
11:00-11:45AM <b>YOGA</b> Debbie G R		11:15-12:00PM <b>YOGA FLOW</b> Stefania G R			11:00-11:45 PM <b>YOGA</b> Debbie R G	
6:00-6:45PM  Alla R	6:15-7:00 PM <b>ABS &amp; ROCK BOTTOMS</b> Gail R N	6:00-6:45 PM <b>MUSCLE MIX</b> Melissa R	6:00-6:45 PM <b>MUSCLE MIX</b> Beth R			
	7:15-8:00 PM  Gail R	7:00-7:45PM <b>YOGA</b> Melissa R G	7:00-7:45PM  Beth R			
8:00-8:30PM <b>ABS</b> Graziela R						
CYCLE STUDIO						


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

**Recognized as a Heart Wise Facility**

**O** – INDICATES ONLINE RESERVATIONS ONLY AVAILABLE (25% of spaces may be reserved Online and the remainder is first come, first serve)...

**T** – INDICATES TOKEN IS REQUIRED **G** - INDICATES CLASS IS GENTLE **M**- INDICATES MALE INSTRUCTOR

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

