

PICKERING - GROUP EXERCISE SCHEDULE

PLEASE NOTE: THE MOST UPDATED SCHEDULE WILL BE SEEN WHEN YOU RESERVE YOUR CLASS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30-9:15AM CYCLE Lynda (Cycle Room)	8:30-9:15AM BOOTCAMP Maureen	6:30-7:15AM BOOTCAMP Alicia	8:30-9:15AM STEP Lynda	8:30-9:15AM HIIT Cindy	8:30-9:15AM PILATES Nicole M	8:30-9:15AM MUSCLE MIX Sandy
9:30-10:15AM MUSCLE MIX Lynda	9:30-10:15AM ABS & ROCK BOTTOMS Leah	8:30-9:15AM CYCLE Cindy (Cycle Room)	9:30-10:15AM ASHTANGA YOGA Audrianna	9:30-10:15AM PILATES Irma	9:30-10:15AM HIIT Eduardo M	9:30-10:30AM HATHA YOGA Julie
10:30-11:30AM ZUMBA Heidi		9:30-10:15AM MUSCLE MIX Alicia	10:30-11:30AM YOGA DANCE Shari	10:30-11:30AM ZUMBA Heidi	10:30-11:30AM ZUMBA Shantel	
5:30-6:15PM HIIT Lynda	6:00-6:45PM CYCLE Lynda (Cycle Room)	10:30-11:15AM SoulReady BARRE Fofinee	5:00-5:45PM MUSCLE MIX Ré	6:00-7:00PM STRONG Sandy		
6:30-7:15PM PILATES Nicole O	7:00-7:45PM ZUMBA Felix	5:30-6:30PM TOP 40 POWER FLOW Julie	6:00-6:45PM CYCLE Leya (Cycle Room)			
		7:00-8:30PM MUSCLE MIX Eduardo M				

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.

M – INDICATES MALE INSTRUCTOR

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



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as a Heart
Wise Facility

To reserve your spot please click on the link and you will be directed to our member reservation portal. Payment will be required as part of the reservation process. Should you have any issues please email us at:

yourfriend@womensfitness.com.

Womens Fitness
Clubs of Canada

PICKERING - 905-420-1520