

MORNING SESSIONS

Registration opens at 8:00 AM (3 days prior / 4 days prior on Tuesdays)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME	ROOM LOCATION COLOUR CODE:
8:30	Therapeutic Yoga Genya	Pilates Jenny	Yoga Fusion Mabel	Hatha Yoga Rita	Therapeutic Yoga Genya	Rhythm & Beats Rob	Rhythm & Beats Lisa M	8:30	MAIN STUDIO
			Glutes & Abs Alin		Step Up: Muscle Gail	Cardio Kickboxing Sam	Muscle Sculpt Agnes		YOGA STUDIO
						AquaFit Agnes	Gentle Yoga Karen		DANCE STUDIO A
9:00				Postnatal Sculpt Lauren				9:00	CYCLE STUDIO
9:05	AquaFit Fariba	Aqua Zumba Fabio	AquaFit Marina	AquaFit Ashley	AquaFit Irina		AquaFit Michelle	9:05 AM	FAMILY RESOURCE CENTRE
9:30	Barre Pilates Vazheh	Pilates Jenny	Barre Jenny	Barre Nadine	Barre Pilates Nadine	Vinyasa Yoga Lisa S.	Gentle Yoga Karen	9:30	POOL
	Cardio Blast Heather	Muscle Sculpt Michelle	Bootcamp Alin	Zumba Alla	Cardio Blast Alin	Bootcamp Gillian	Athletic Circuit Denise		BOXING STUDIO
			Performance Ride Gayle		Rhythm & Beats Ashley		Rhythm & Beats Lisa M		
10:05	AquaFit Fariba	AquaFit Ashley	AquaFit Marina	AquaFit Michelle	AquaFit Simin			10:05	
10:30	Pilates Vazheh	Yogalates Vazheh	Pilates Karen	Pilates Nadine	Foam Roller Pilates Nadine	Yogalates Lisa S.	Pilates Karen	10:30	
	Chair Fitness Joy	Chair Pilates Angela	Chair Zumba Claudia	Chair Pilates Rita	Chair Fitness Michelle				
	Muscle Sculpt Heather	Zumba Alla	Muscle Sculpt Gayle	Full Body Burn Heather	Muscle Mix Alin	Muscle Mix Gillian	Muscle Sculpt Gail		
11:30	Barre Dani	Gentle Yoga Angela	Gentle Yoga Karen	Yogalates Lisa S.	Barre Dani	Pilates Vazheh	Hatha Yoga Mabel	11:30	
	Zumba Alla	Forever Strong Joy	Forever Balance Joy	Forever Strong Joy	Zumba Alla	Zumba Lina	Zumba Gail		
	Chair Yoga Orli				Chair Yoga Orli				
12:30	Gentle Yoga Angela		Therapeutic Pilates Karen	Gentle Yoga Sandra	Gentle Yoga Orli		Hatha Yoga Mabel	12:30	
			Zumba Gail	Functional Fitness Michelle					

indicates low-intensity class
 indicates baby & me class
 indicates NEW class

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AFTERNOON/EVENING SESSIONS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME	ROOM LOCATION COLOUR CODE:
2:00			Restorative Yoga Orli 						
4:30	Pilates Ashley	Pilates Gail						4:30	MAIN STUDIO
	Muscle Mix Alin		Muscle Mix Alin		Bootcamp Sam				YOGA STUDIO
	Rhythm & Beats Rob								DANCE STUDIO A
5:30	Pilates Bonnie	Pilates Gail	Therapeutic Yoga Genya 	Yogalates Rita				5:30	CYCLE STUDIO
	Muscle Sculpt Alin	Muscle Mix Beth	Cardio Blast Alin	Muscle Sculpt Ashley					FAMILY RESOUCRE CENTRE
6:30	Yogalates Lisa S.	Barre Pilates Gail	Barre Pilates Hagar	Barre Pilates Rita				6:30	CONFERENCE CENTRE
	Bootcamp Lesley	Cardio Kickboxing Sam	Bootcamp Lesley	Muscle Mix Denise					INDOOR POOL
	Nia Natalie 	Rhythm & Beats Melissa							
7:30	Gentle Yoga Orli 	Vinyasa Yoga Julie	Pilates Rita	Vinyasa Yoga Vazheh				7:30	
	Zumba Alla	Zumba Claudia	Zumba Johanna	Zumba Claudia					
	Rhythm & Beats Lesley		Rhythm & Beats Lesley						
8:30	Yin Yoga Orli 	Vinyasa Yoga Julie	Vinyasa Yoga Sandra	Pilates Vazheh				8:30	

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