



2024 SPRING SCHEDULE

	STUDIO CLASSES	SPECIAL REGISTRATION	OUTDOOR CLASS	KIDS ZONE	BABY GYM			
	Monday	Tuesday	Wednesday	Thursday	Friday			
6:15 am	GYM CLASS HEROES Brennan	HIIT & FLOW Hanz		GYM CLASS HEROES Brennan	HIIT THE GYM Franca			
8:00 am		GYM CLASS HEROES Nicole		SUPER CIRCUIT Nicole				
9:15 am			GYM CLASS HEROES Pieta					
10:15 am	HIIT THE LEGS Nicole	BABY GYM Vera	LOW IMPACT FITNESS Christine	11:15am STROLLER FITNESS Grand Ave Park Pieta	LOW IMPACT PILATES Anie	10am FULL BODY SWEAT Christine	10am BABY GYM Nicole	
11:15 am	MOM & BABY STRENGTH & MOBILITY Pieta	HIIT & FLOW Christine	BABY GYM Sheila	FULL BODY SWEAT Christine	BABY GYM Vera	SO BARRE CORE Anie	BABY GYM Sheila	*MOMMY CONNECTIONS <small>(PRIVATE GROUP)</small>
12:15 pm	STRENGTH CIRCUIT Brennan	BABY GYM Vera		UPPER BODY SWEAT Hanz	BABY WEARING DANCE CLASS Meredyth & Nidhi	STRENGTH CIRCUIT Nicole		
5:15pm or 5:30pm	5:30pm ETOBICOKE OUTDOOR BOOTCAMP Nicole		5:15pm TWEEN SUPER CIRCUIT Anessa					
6:15 pm	GYM CLASS HEROES Franca	6:00pm OAKVILLE OUTDOOR BOOTCAMP Melissa	COMBAT FIT Anessa					
7:15 pm or 8:15pm	STRENGTH CIRCUIT Mercedes	STEP UP! Mercedes	GYM FLOW Marnee	8:15pm FULL BODY SWEAT Nicole				

	WEEKEND WARRIORS	
	Saturday	Sunday
8:15 am	UPPER BODY SWEAT Christine	
9:15 or 9:30 am	GYM CLASS HEROES Franca	SO BARRE CORE Andriana
	MENS ONLY STRENGTH CIRCUIT Brennan	
	9:30am ETOBICOKE OUTDOOR BOOTCAMP Christine	
	KIDS ZONE Nicole	KIDS ZONE Melissa
	BABY GYM Vera	
10:15 or 10:30 am	SUPER CIRCUIT Nicole	SUPER CIRCUIT Hanz
	KIDS ZONE Melissa	KIDS ZONE Melissa
	BABY GYM Vera	