



OPEN GYM & KIDS ZONE CLASSES - BURLINGTON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15AM							
8:15AM						OPEN GYM	OPEN GYM
9:15AM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM
10:15AM			OPEN GYM	OPEN GYM		OPEN GYM + KIDS ZONE	OPEN GYM + KIDS ZONE
11:15AM	OPEN GYM		OPEN GYM	OPEN GYM		OPEN GYM + KIDS ZONE	OPEN GYM + KIDS ZONE
12:15PM		OPEN GYM		OPEN GYM			
1:15PM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		
2:15PM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		
3:15PM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		
4:15PM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM			
5:15PM	OPEN GYM + KIDS ZONE	OPEN GYM + KIDS ZONE	OPEN GYM + KIDS ZONE	OPEN GYM + KIDS ZONE			
6:15PM	OPEN GYM + KIDS ZONE	OPEN GYM + KIDS ZONE	OPEN GYM + KIDS ZONE	OPEN GYM + KIDS ZONE			
7:15PM	OPEN GYM + KIDS ZONE	OPEN GYM + KIDS ZONE	OPEN GYM + KIDS ZONE	OPEN GYM + KIDS ZONE			



CLASS SCHEDULE - BURLINGTON

	Special Series	Group Fitness	Baby Gym	Kids Zone			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15AM	Super Circuit Stephen				Super Circuit Stephen		
8:15AM						Upper Body Sweat Harlee	
9:15AM		Low Impact Fitness Rebecca		Low Impact Pilates Harlee		Gym Class Heroes Kyle	
9:15AM		Baby Gym Jenna		Baby Gym Jenna		Baby Gym + Kids Zone	
10:15AM	HIIT The Legs Anna	Mommy Connections 10 -11:30am	Step Up! Nicole		Full Body Sweat Anna	Super Circuit Kyle	
10:15AM	Baby Gym Jenna		Baby Gym Jenna		Baby Gym Jenna	Baby Gym + Kids Zone	
11:15AM	Full Body SWEAT Christine	Strength Circuit Brennan	*Mom & Baby Series* Nicole	HIIT & Flow Harlee	Power Pilates Harlee		
11:15AM	Baby Gym Jenna	Baby Gym Jenna	Baby Gym Jenna	Baby Gym	Baby Gym Jenna		
12:15PM	Gym Class Heroes Christine	Little Rebels Music 12:15 - 1pm	Strength Circuit Kyle		Super Circuit Kyle		
12:15PM	Baby Gym Jenna		Baby Gym Jenna		12:15pm Baby Gym		
5:15PM		HIIT The Legs Jenna		Super Circuit Rebecca			
6:15PM	Bells & Core Stephen		Power Pilates Harlee				
7:15PM		Strength Circuit Jenna	Free Flowga Harlee	Gym Class Heroes Rebecca			
8:15PM	Full Body Sweat Jenna						

Mom & Baby Special 8 -Week registration

Mommy Connections Separate registration

Little Rebels Music Separate registration



CLASS SCHEDULE - BURLINGTON

	Special Series	Group Fitness	Baby Gym	Kids Zone			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM	Super Circuit Stephen		NEW MetCon Burnout Stephen		Super Circuit Stephen		
8:15AM							
9:15AM		Low Impact Fitness Rebecca		Low Impact Pilates Harlee		Power Pilates Harlee	
9:15AM				Baby Gym Liel	NEW	Baby Gym /Kids Zone	
10:15AM	Strength Circuit Anna	NEW Mommy Connections 10 -11:30am *Special Reg	Low Impact Fitness Rebecca		Full Body Sweat Anna	Strength Circuit Mehrnoosh	Full Body Sweat Ashleigh
10:15AM	Baby Gym Liel		Baby Gym Liel		Baby Gym Liel	Baby Gym /Kids Zone	Baby Gym/Kids Zone
11:15AM	Full Body SWEAT Christine	Strength Circuit Brennan	*Mom & Baby Series* Nicole	HIIT & Flow Harlee	Power Pilates Harlee	Gym Class Heroes Mehrnoosh	Strength Circuit Ashleigh
11:15AM	Baby Gym Liel	Baby Gym Liel	Small Group Strength Kyle	Baby Gym Liel	Baby Gym Liel	Baby Gym /Kids Zone	Baby Gym/Kids Zone
12:15PM	Small Group Strength Christine	NEW Little Rebels 12:15 - 1pm *Special Reg	Strength Circuit Kyle	Flowga Harlee	MetCon Burnout Kyle		
12:15PM			Baby Gym Liel		Baby Gym Liel		
5:15PM		5:30pm Strength Circuit Rebecca		Super Circuit Rebecca			
6:15PM	Bells & Core Stephen	NEW SportBall 5-7pm *Special Reg*	Power Pilates Harlee				
7:15PM			Full Body SWEAT Harlee	Small Group Strength Rebecca			
8:15PM							

Mom & Baby Special 8 -Week registration

*Separate Registration:

Mommy Connections *Little Rebels Music *SportBall



CLASS SCHEDULE - BURLINGTON - MARCH

	Special Series	Group Fitness	Baby Gym	Kids Zone			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM	The Sweat Circuit Stephen	NEW Race Ready! Rebecca	MetCon Burnout Stephen		The Sweat Circuit Stephen		
8:15AM							
9:15AM				Low Impact Pilates Harlee		HIIT & Flow Harlee	
9:15AM				Baby Gym Liel		Baby Gym /Kids Zone	
10:15AM	Strength Circuit Christine	NEW Race Ready! Rebecca	NEW HIIT the Legs Nicole		MetCon Burnout Kyle	Strength Circuit Mehrnoosh	Full Body Sweat Ashleigh
10:15AM	Baby Gym Liel	Baby Gym Liel	Baby Gym Liel		Baby Gym Liel	Baby Gym /Kids Zone	Baby Gym/Kids Zone
11:15AM	Full Body SWEAT Christine	Strength Circuit Brennan	*Mom & Baby Strength Series* Nicole	HIIT & Flow Harlee	Strength Circuit Kyle	MetCon Burnout Mehrnoosh	Strength Circuit Ashleigh
11:15AM	Baby Gym Liel	Baby Gym Liel	Baby Gym Liel	Baby Gym Liel	*Mom & Baby Pilates Series* Harlee	Baby Gym /Kids Zone	Baby Gym/Kids Zone
12:15PM	Small Group Strength Series Christine		The Sweat Circuit Harlee		Full Body Sweat Harlee		
12:15PM			Baby Gym Liel		Small Group Strength Series Kyle		
5:15PM							
6:15PM	Bells & Core Stephen		Power Pilates Harlee	Strength Circuit Rebecca			
7:15PM		Strength Circuit Rebecca		Small Group Strength Series Rebecca			
8:15PM							

Mom & Baby Special 8 -Week registration

*Separate Registration:

Mommy Connections *Little Rebels Music *SportBall



CLASS SCHEDULE - BURLINGTON - MARCH

	Special Series	Group Fitness	Baby Gym	Kids Zone			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM	The Sweat Circuit Stephen	NEW Race Ready! Rebecca	MetCon Burnout Stephen		The Sweat Circuit Stephen		
8:15AM							
9:15AM				Low Impact Pilates Harlee		HIIT & Flow Harlee	
9:15AM				Baby Gym Liel		Baby Gym /Kids Zone	
10:15AM	Strength Circuit Christine	NEW Race Ready! Rebecca	NEW HIIT the Legs Nicole		MetCon Burnout Kyle	Strength Circuit Mehrnoosh	Full Body Sweat Ashleigh
10:15AM	Baby Gym Liel	Baby Gym Liel	Baby Gym Liel		Baby Gym Liel	Baby Gym /Kids Zone	Baby Gym/Kids Zone
11:15AM	Full Body SWEAT Christine	Strength Circuit Brennan	*Mom & Baby Strength Series* Nicole	HIIT & Flow Harlee	Strength Circuit Kyle	MetCon Burnout Mehrnoosh	Strength Circuit Ashleigh
11:15AM	Baby Gym Liel	Baby Gym Liel	Baby Gym Liel	Baby Gym Liel	*Mom & Baby Pilates Series* Harlee	Baby Gym /Kids Zone	Baby Gym/Kids Zone
12:15PM	Small Group Strength Series Christine		The Sweat Circuit Harlee		Full Body Sweat Harlee		
12:15PM			Baby Gym Liel		Small Group Strength Series Kyle		
5:15PM							
6:15PM	Bells & Core Stephen		Power Pilates Harlee	Strength Circuit Rebecca			
7:15PM		Strength Circuit Rebecca		Small Group Strength Series Rebecca			
8:15PM							

Mom & Baby Special 8 -Week registration

*Separate Registration:

Mommy Connections *Little Rebels Music *SportBall



CLASS SCHEDULE - BURLINGTON - APRIL 6TH

	Special Series	Group Fitness	Baby Gym	Kids Zone			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15AM	Super Circuit Stephen				Super Circuit Stephen		
8:15AM						Upper Body Sweat Harlee	
9:15AM		Low Impact Fitness Rebecca		Low Impact Pilates Harlee		Gym Class Heroes Kyle	
9:15AM		Baby Gym Jenna		Baby Gym Jenna		Baby Gym + Kids Zone	
10:15AM	HIIT The Legs Anna	Mommy Connections 10 -11:30am	Step Up! Nicole		Full Body Sweat Anna	Super Circuit Kyle	
10:15AM	Baby Gym Jenna		Baby Gym Jenna		Baby Gym Jenna	Baby Gym + Kids Zone	
11:15AM	Full Body SWEAT Christine	Strength Circuit Brennan	*Mom & Baby Series* Nicole	HIIT & Flow Harlee	Power Pilates Harlee		
11:15AM	Baby Gym Jenna	Baby Gym Jenna	Baby Gym Jenna	Baby Gym	Baby Gym Jenna		
12:15PM	Gym Class Heroes Christine	Little Rebels Music 12:15 - 1pm	Strength Circuit Kyle		Super Circuit Kyle		
12:15PM	Baby Gym Jenna		Baby Gym Jenna		12:15pm Baby Gym		
5:15PM	5:15pm & 6:15pm Kids Zone	HIIT The Legs Jenna	Kids Zone	Super Circuit Rebecca			
6:15PM	Bells & Core Stephen		Power Pilates Harlee				
7:15PM		Strength Circuit Jenna		Gym Class Heroes Rebecca			
8:15PM	Full Body Sweat Jenna		Free Flowga Harlee				

Mom & Baby Special 8 -Week registration

Mommy Connections Separate registration

Little Rebels Music Separate registration

TEMPLATE SCHEDULE



OPEN GYM

Kids Zone Open Gym

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15AM							
8:15AM							
9:15AM							
9:15AM							
10:15AM							
10:15AM							
11:15AM							
11:15AM							
12:15PM							
12:15PM							
5:15PM							
6:15PM							
7:15PM							
8:15PM							

TEMPLATE SCHEDULE



OPEN GYM

Kids Zone Open Gym

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15AM							
8:15AM							
9:15AM							
9:15AM							
10:15AM							
10:15AM							
11:15AM							
11:15AM							
12:15PM							
12:15PM							
5:15PM							
6:15PM							
7:15PM							
8:15PM							

CLASS SCHEDULE - ETOBICOKE - BEGINS SEPT 2



	Special Series	Group Fitness	Baby Gym	Kids Zone			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15AM	Gym Class Heroes Brennan	HIIT the Legs Mercedes NEW		Full Body Sweat Lauren NEW	Bells & Core Phil		
6:00AM		Mens Small Group Phil	Mens Small Group Brennan	Mens Small Group Brennan	Mens Small Group Brennan	8am Womens Small LVL 1 / 2 Group	
8:15AM						Upper Body Sweat Christine	Deep Flow Meredyth
9:15AM			Fundamental Core Pieta	Full Body Sweat Lina	HIIT The Legs Nicole NEW	Gym Class Heroes Christine	Full Body Sweat Lina NEW
9:15AM				Baby Gym	Baby Gym NEW	Mens Strength Circuit Brennan	Strength Circuit Lauren NEW
10:15AM	HIIT The Legs Lina	Low Impact Fitness Nicole	Flowga Meredyth NEW	Low Impact Pilates Lina	Full Body Sweat Christine	9:15am Baby Gym + Kids Zone	9:15am Baby Gym + Kids Zone
10:15AM	Baby Gym	Womens Small Group LVL 1 Mercedes			Baby Gym	Super Circuit	10:30am Super Circuit Lauren
11:15AM	Full Body Sweat Lina	HIIT & Flow Mercedes	Full Body Sweat Christine	So Barre Core Lina	Strength Circuit Nicole	10:15am Baby Gym + Kids Zone	10:30am Baby Gym + Kids Zone
11:15AM	Baby Gym	Baby Gym	Baby Gym	Baby Gym	Baby Gym	Gym Class Heroes NEW	10:30am Power Pilates Lina
11:15AM	8-Week Mom & Baby Core Strength	6-Week Mom & Baby Yoga		Womens Small Group LVL 2 Nicole NEW	8-Week Mom & Baby Pilates & Strength NEW		
12:15PM	Strength Circuit Brennan	Step Up Mercedes	Strength Circuit Mehrnoosh NEW	Gym Class Heroes Mehrnoosh NEW	Power Pilates Lina NEW		
12:15PM	Baby Gym	Womens Small Group LVL 2 Christine NEW	6:15pm Family Super Circuit (12 YO +)		Womens Small Group LVL 2 Nicole		
6:15PM	Intro to Hyrox Mercedes NEW	6pm Mens Small Group Phil	7:15pm Womens Small Group LVL 2 Christine	4:45pm Bells & Core Lauren	12:15pm Baby Gym		
7:15PM	Womens Small Group LVL 2 Mercedes	Strength Circuit Phil	8:15pm Womens Small Group LVL 1 Christine	5:45 Power Pilates Jennifer			
8:15PM	Full Body Sweat Nicole		Gym Class Heroes Meredyth NEW				



CLASS SCHEDULE - ETOBICOKE - BEGINS MAR 2ND

	Special Series	Group Fitness	Baby Gym	Kids Zone			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15AM	Strength Circuit Brennan	HIIT the Legs Mercedes		Full Body Sweat Lauren	Bells & Core Phil	7am Womens Small LVL 1 / 2 Group	
6:00AM		Mens Small Group Phil	Mens Small Group Brennan	Mens Small Group Brennan	Mens Small Group Brennan	8am Womens Small LVL 1 / 2 Group	
8:15AM						Upper Body Sweat Mehrnoosh	Deep Flow Meredyth
9:15AM	MetCon Burnout Vera	Full Body Sweat Mehrnoosh	Fundamental Core Meredyth	Full Body Sweat Ashleigh	HIIT The Legs Nicole	Gym Class Heroes Christine	Full Body Sweat Lina
9:15AM				Baby Gym		Mens Strength Circuit Brennan	Strength Circuit Lauren
10:15AM	Power Pilates Lina	Low Impact Fitness Nicole	Upper Body Sweat Erin	Low Impact Pilates Lauren	Full Body Sweat Christine	9:15am Baby Gym + Kids Zone	9:15am Baby Gym + Kids Zone
10:15AM	Baby Gym				Baby Gym	Super Circuit Ashleigh	10:30am Super Circuit Lauren
11:15AM	Full Body Sweat Lina	HIIT & Flow Mercedes	Full Body Sweat Christine	So Barre Core Anie	Strength Circuit Nicole	10:15am Baby Gym + Kids Zone	10:30am Baby Gym + Kids Zone
11:15AM	Baby Gym	Baby Gym	Baby Gym	Baby Gym	Baby Gym		10:30am Power Pilates Lina
11:15AM	8-Week Mom & Baby Core Strength	8-Week Mom & Baby Yoga Sculpt			8-Week Mom & Baby Pilates & Strength		
12:15PM	Strength Circuit Brennan	Step Up! Mercedes	Strength Circuit Mehrnoosh	Baby Gym	Womens Small Group LVL 2 Nicole	Strength & Mobility Anie	Power LIFT Pilates Lina
12:15PM	Baby Gym	Womens Small Group LVL 2 - Christine	6:15pm Low Impact Fitness - Lauren	Baby Gym	Womens Small Group LVL 2 Nicole		
6:15PM	1:15pm NEW Sprint Training Brennan	6:15pm NEW Race Ready Mercedes	1:15 pm Womens Small Group LVL 1 Christine	7:15pm Womens Small Group LVL 2 - Christine	4:45pm Bells & Core Lauren	12:15pm Baby Gym	
7:15PM	Womens Small Group LVL 2 - Mercedes	6:00pm Mens Small Group - Phil	8:15pm Small Group LVL 1 - Mehrnoosh	5:45pm Power Pilates Jennifer	1:15pm Sprint Training Christine		
8:15PM	Small Group LVL 1 Mehrnoosh	Full Body Sweat Nicole	7:15pm Strength Circuit - Phil	8:15pm Karma Deep Flow *Free Class* Dasha	Gym Class Heroes Meredyth	7:15 / 8:15 Womens Small Group LVL 2 Christine	