



CLASS SCHEDULE - ETOBICOKE - BEGINS JAN 5TH

Special Series

Group Fitness

Baby Gym

Kids Zone

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

6:15AM

Strength Circuit
Brennan

NEW

HIIT the Legs
Mercedes

MetCon Burnout
Mehrnoosh

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

NEW

MetCon Burnout
Vera

Full Body Sweat
Mehrnoosh

Fundamental Core
Meredyth

Full Body Sweat
Lina

HIIT The Legs
Nicole

Upper Body Sweat
Mehrnoosh

Deep Flow
Meredyth

9:15AM

MetCon Burnout
Vera

Full Body Sweat
Mehrnoosh

Fundamental Core
Meredyth

Full Body Sweat
Lina

HIIT The Legs
Nicole

Gym Class Heroes
Christine

Full Body Sweat
Lina

9:15AM

MetCon Burnout
Vera

Full Body Sweat
Mehrnoosh

Fundamental Core
Meredyth

Baby Gym

HIIT The Legs
Nicole

Mens Strength Circuit
Brennan

Strength Circuit
Lauren

10:15AM

Power Pilates
Lina

Low Impact Fitness
Nicole

Free Flowga
Meredyth

Low Impact Pilates
Lina

Full Body Sweat
Christine

9:15am Baby Gym +
Kids Zone

9:15am Baby Gym +
Kids Zone

10:15AM

Baby Gym

Low Impact Fitness
Nicole

Free Flowga
Meredyth

Low Impact Pilates
Lina

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
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

10:30am Power Pilates
Lina

11:15AM

8-Week Mom & Baby
Core Strength

8-Week Mom & Baby
Yoga Sculpt

8-Week Mom & Baby
Yoga Sculpt

8-Week Mom & Baby
Yoga Sculpt

8-Week Mom & Baby
Pilates & Strength

12:15PM

Strength Circuit
Brennan

Step Up
Mercedes

Strength Circuit
Mehrnoosh

NEW

Womens Small Group
LVL 2 Nicole

Power LIFT Pilates
Lina

12:15PM

Baby Gym

Womens Small Group
LVL 2 Christine

6:15pm Strength
Circuit Lauren

Baby Gym

Womens Small Group
LVL 2 Nicole

6:15PM

Step-Up
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

NEW

7:15PM

Womens Small Group
LVL 2 Mercedes

6 pm 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

Gym Class Heroes
Meredyth

7:15 / 8:15 Womens Small
Group LVL 2 Christine