



CLASS SCHEDULE - ETOBICOKE - FALL

Special Series

Group Fitness

Baby Gym

Kids Zone

EFFECTIVE SEPT 8

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM	Strength Circuit Powerhouse - Brennan	HIIT the Legs Mercedes		Full Body Sweat Christine K	Bells & Core Phil	7:00am / 8:00am Womens Small Group Level 1 / 2 Christine T	
6:00AM		Mens Small Group Brennan	Mens Small Group Phil	Mens Small Group Brennan	Mens Small Group Brennan	7:15am Full Body Sweat Tiffanie	7:15am HIIT & Flow Meredyth
8:15AM				7:15am Strength Circuit Powerhouse - Christine K		Upper Body Sweat Tiffanie	Deep Flow Meredyth
9:15AM	MetCon Burnout Christine K	Full Body Sweat Mehrnoosh	Fundamental Core Meredyth	Full Body Sweat Ashleigh	HIIT The Legs Ashleigh	Gym Class Heroes Christine T	Full Body Sweat Zaneta
9:15AM		9:15am / 10:15am Baby Gym		Baby Gym		Mens Strength Circuit Brennan	Strength Circuit Push/ Pull - Ashleigh
10:15AM	Power Pilates Tiffanie	Low Impact Fitness Nicole	Upper Body Sweat Lina	Low Impact Pilates Zaneta	Super Circuit Tiffanie	Full Body Sweat Christine T	9:15am Baby Gym + Kids Zone
10:15AM	Baby Gym	Strength Circuit Powerhouse - Zaneta	Baby Gym		Baby Gym	Super Circuit Christine K	10:30am Super Circuit Ashleigh
11:15AM	Full Body Sweat Lina	HIIT & Flow Mercedes	Full Body Sweat Christine T	So Barre Core Anie	Strength Circuit - Powerhouse - Ashleigh	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 Zaneta
11:15AM	8-Week Mom & Baby Core & Strength - Pieta	8-Week Mom & Baby Yoga Sculpt - Meredyth	12:15pm Strength Circuit - Push/Pull - Tiffanie	Baby Gym	8-Week Mom & Baby Stroller Fit - Meredyth	8-Week Mom & Baby Pilates & Strength - Tiffanie	
12:15PM	Strength Circuit Powerhouse Brennan	HIIT The Legs Lina	Step Up! Mercedes	2:15pm Heavy Hitters Christine T	Baby Gym	Strength & Mobility Anie	Power LIFT Pilates Tiffanie
12:15PM	Baby Gym	Womens Small Group Level 2 - Zaneta	6:15pm Full Body Sweat Lauren	Womens Small Group - Zaneta 12:15pm - Level 2 1:15pm - Level 1 / 2	Womens Small Group Level 2 - Ashleigh		
6:15PM	Race Ready Mercedes	1:15pm Womens Small Group Level 1 / 2 - Zaneta	6:15pm Tween Training Club Brennan	6:15pm Kids Zone	4:45pm Strength Circuit Push/Pull Mehrnoosh	5:45pm Flowga Christine T	12:15pm Baby Gym
7:15PM	Womens Small Group Level 2 - Mercedes	6:00pm Mens Small Group - Phil	7:15pm Womens Small Group Level 2 - Mehrnoosh	8:15pm Full Body Sweat Christine K	1:30pm Race Ready Asheleigh		
8:15PM	Small Group Level 1 / 2 Mehrnoosh	Full Body Sweat Ashleigh	7:15pm / 8:15 pm Strength Circuit - Push/Pull Phil	Gym Class Heroes Meredyth	8:15pm Womens Small Group Level 1 / 2 - Mehrnoosh	7:15 / 8:15 Womens Small Group Level 2 - Christine T	