



CLASS SCHEDULE - ETOBICOKE - SPRING

	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	