

Fall Schedule Sept 3- Dec 20, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
8	NO CLASS				
930	Sept 2-Labour Day				
10	Oct 14-Thanksgiving				
1030	Nov 11-Rem. Day				
11	Modified Yoga	Staying Strong	Sit & Fit (MPR)	Staying Strong	Spintervals
1130	45 min	45 min	60 min (sept only)	45 min	45 min
12	Body Shred	Total Body Circuit	Strength	Cardio Slam + Core	Butts & Guts
1230	45 min	45 min	45 min	45 min	45 min
100					
200					
300					
330					
400					
430					
500		Spintervals	Body SHRED		
515	HIIT 30 min	45 min	45 min	Functional Strength	
530				45 min	
545	Functional Strength	Family Fit -Sept			
600	45 min	Country Heat-Oct	Spin & Core	HIIT 30 min	
630		Family Yoga-Nov	60 min		
700	TRX sculpt/Spin	Spin & Strength	Yoga Flow	Total Body Circuit	
730	60 min	Circuit	60 min	60 min	
800		60 min			