

The Women's Club for Fitness and Wellness-Group Class Schedule

Effective as of December 1st 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning		5:45AM-6:30AM Body Basics Jamie		5:45AM-6:30AM Shred It Jamie			
	9:00AM-9:45AM Body Shop Lindsay				8:00AM-8:45AM Body Shop Anita	8:00-8:55AM Total Toning TBD	
Morning		9:00AM-9:50AM HIIT Anita	9:00AM-9:50AM Body Shop Lindsay	9:00AM-9:45 HIIT Deanna	9:00AM-9:55AM Zumba Heather	9:00-10AM Rise & Shine Yoga Merri	
	10:05AM-10:50AM Pilates Deanna	10:05AM-10:50AM Zumba Gold Heather	10:05AM-10:50AM Pilates Deanna	10:00AM-10:45AM Zumba Heather	10:00AM-11:00AM Yoga with Weights Merri	10:30AM FitRanx Training	10:30AM-11:30AM Meditation Yoga Lou-Anne
	11:00AM-12:00PM Yoga for Health & Vitality Maria	11:00AM-12:15AM Stretch & release Merri	11:00AM-12:00PM Yoga for Health & Vitality Maria	11:00AM-12:00PM Hatha Yoga Kelly			
Evening	5:30-6:15PM Spin & Sculpt Michelle	5:30-6:15PM Zumba Mandy	5:30-6:00PM HIIT Michelle			*Class/Instructor Subject to change without notice	
			6:00PM FitRanx Training				
			6:15PM-7:15PM Beginner Yoga & Meditation Maria				
	Yoga & PILATES CLASSES	CLASS IS MORE THAN 75% CARDIO	CLASS IS MORE THAN 75% RESISTANCE	CLASS IS A MIX OF CARDIO & RESISTANCE	519-735-3100 1606 Sylvestre Drive, Unit 6 Tecumseh, ON, N8N 2L9 Class Schedule is Available on our Website: www.womensclubfitness.com Under Membership		