

MIND & BODY STUDIO SCHEDULE

EFFECTIVE MARCH 1ST (SUBJECT TO CHANGE)

SUN	MON	TUES	WED	THURS	FRI	SAT
			5:30am Cardio, Core & More Lyn (60 MIN)			
		8:15am TABATA Sophia (60 MIN)		8:15am TABATA Sophia (60 MIN)		
	9:30am Group Centergy Laura (60 MIN)		9:30am Group Centergy Cindy (60 MIN)		9:30am Group Centergy Laura (60 MIN)	
	11:15am Senior Yoga Tomoko (45 MIN)		11:15am Senior Yoga Tomoko (45 MIN)		11:15am Senior Yoga Tomoko (45 MIN)	11:15am Group Centergy Dena (60 MIN)
3:00pm Group Centergy Dena (60 MIN)						
		4:30pm Group Centergy Lyn (60 MIN)				
	5:15pm Flow Yoga Karyn (60 MIN)			5:15pm Heated Yoga Karyn (60 MIN)		
	6:30pm Group Centergy Dena (60 MIN)		6:30pm Group Centergy Laura (60 MIN)			

POOL CLASS SCHEDULE

EFFECTIVE MARCH 1ST (SUBJECT TO CHANGE)

SUN	MON	TUES	WED	THURS	FRI	SAT
		8:30am Liquid Fitness Antonio (60 MIN)		8:30am Liquid Fitness Antonio (60 MIN)		
	9:00am Arthritis Aquatics Jeremy (45 MIN)		9:00am Arthritis Aquatics Jeremy (45 MIN)		9:00am Arthritis Aquatics Jeremy (45 MIN)	
	11:00am Arthritis Aquatics Joel (45 MIN)		11:00am Arthritis Aquatics Joel (45 MIN)		11:00am Arthritis Aquatics Joel (45 MIN)	
		5:30pm Liquid Fitness Rachel (60 MIN)		5:30pm Liquid Fitness Karen / Tammy (60 MIN)		

GROUP FITNESS STUDIO SCHEDULE

EFFECTIVE MARCH 1ST (SUBJECT TO CHANGE)

SUN	MON	TUES	WED	THURS	FRI	SAT
	8:15am Step Debra (60 MIN)		8:15am Step Debra (60 MIN)		8:15am ZUMBA Antonio (60 MIN)	8:15am ZUMBA Antonio (60 MIN)
		9:15am Group Power Cindy (60 MIN)		9:15am Group Power Cindy (60 MIN)		
						10:15am Group Power Sophia (60 MIN)
2:00pm Group Power Karyn (60 MIN)						
4:00pm ZUMBA Antonio (60 MIN)					4:30pm Group Power Pam (60 MIN)	
	5:30pm Group Power Pam (60 MIN)		5:30pm Group Power Karyn (60 MIN)			
		6:30pm Cardio Dance Jenny (60 MIN)		6:30pm Cardio Dance Natalia (60 MIN)		

CYCLE STUDIO SCHEDULE

EFFECTIVE MARCH 1ST (SUBJECT TO CHANGE)

SUN	MON	TUES	WED	THURS	FRI	SAT
	5:30am Group Ride Lyn (60 MIN)		5:30am Group Ride Emad (60 MIN)		5:30am Group Ride Lyn (60 MIN)	
				8:15am FreeStyle Debra (60 MIN)		
						9:15am Group Ride Liana (60 MIN)
1:00pm Group Ride Emad (60 MIN)						
		5:30pm FreeStyle Dena (60 MIN)		5:30pm FreeStyle Pam (60 MIN)		



NEW ONLINE CLASS TIMES

EFFECTIVE MARCH 1ST (SUBJECT TO CHANGE)

Monday

Group Ride at 5:30am with Lyn
Group Centergy at 9:30am with Laura
Group Centergy at 6:30pm with Dena

Tuesday

TABATA at 8:15am with Sophia
YIN YOGA at 10:15am with Pat

Wednesday

Cardio, Core & More at 5:30am with Lyn
Group Centergy at 9:30am with Cindy
Group Centergy at 6:30pm with Laura

Thursday

TABATA at 8:15am with Sophia
HATHA YOGA at 10:15am with Pat

Friday

Group Ride at 5:30am with Lyn
Group Centergy at 9:30am with Laura

Saturday

FLOW YOGA at 10:15am with Pat
Group Centergy at 11:15am with Dena

Sunday

Group Centergy at 3:00pm with Dena



Hamilton
Bradley Wellness Center