

Group Fitness Schedule

September 26 to December 21, 2018

*** Updated September 25, 2018



THE ATHLETICS CENTRE
HOME OF THE TRENT EXCALIBUR

Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	Bailey Fitness Studio - 1	Fitness Studio 2	Bailey Fitness Studio - 1	Fitness Studio 2	Bailey Fitness Studio - 1	Fitness Studio 2	Bailey Fitness Studio - 1	Fitness Studio 2	Bailey Fitness Studio - 1	Fitness Studio 2	Bailey Fitness Studio - 1	Fitness Studio 2
7:00am			SPIN Kaitlyn	Power Pilates Janice				Power Pilates Janice				
8:00am		Hatha Yoga Stacy	HIIT Kaitlyn	Hatha Yoga Tiina		Vinyasa Yoga Stacy	HIIT Kaitlyn			Restorative Yoga Stacy		
9:00am			Pole Walking (Sept/Oct) Gentle Strength & Stretch (Nov - Dec) Kaitlyn				Pole Walking (Sept-Oct) Gentle Strength & Stretch (Nov - Dec) Kaitlyn					
10:00am	On The Move Stacy		Osteo-Fitness Sue		On The Move Stacy		Osteo-Fitness Sue		On The Move Stacy			Core Anthony
11:00am	Gentle Strength & Stretch Stacy		Gentle Yoga Sue		Senior Yoga Stacy		Gentle Yoga Sue		Gentle Strength & Stretch Stacy			Boot Camp Anthony
12:00pm	HIIT Stacy	Power Pilates Janice	NIA Technique Elizabeth	Vinyasa Yoga Sue	Cardio & Core Stacy	Power Pilates Janice	NIA Technique Elizabeth	Power Yoga Sue	Simply Strength Stacy	Hatha Yoga Tiina / Sasha		
1:00pm	Step & Pump Stacy	Pilates Mat Class Janice	Power Hips Elizabeth	Power Yoga Sue	Simply Strength Stacy	Pilates Mat Class Janice	Power Hips Elizabeth	Vinyasa Yoga Sue	SPIN Stacy	Gentle Yoga Tiina / Sasha		
4:00pm	Pilates Mat Class Janice			Core Anthony		Boot Camp Ashley		Core Anthony				
5:00pm	Sculpt & Burn Ryan		Power Pilates (4:30 - 5:30)	HIIT Anthony		SPIN Ashley		HIIT Anthony				
6:00pm	Boot Camp Ryan									Hatha Yoga Frank		
7:00pm				Hatha Yoga Frank				Yoga Frank				