

Group Fitness Schedule

December 24 - 30, 2018

DECEMBER BREAK SCHEDULE



THE ATHLETICS CENTRE
HOME OF THE TRENT EXCALIBUR

Time	Saturday, Dec. 22		Sunday, Dec. 23	Monday, Dec. 24	Tuesday, Dec. 25	Wednesday, Dec. 26	Thursday, Dec. 27		Friday, Dec. 28		Saturday, Dec. 29	
	Building Hours 8am-4pm		Building Hours 8am-4pm	Building Hours 8am-12noon	CLOSED	CLOSED	Building Hours 8am-4pm		Building Hours 8am-4pm		Building Hours 8am-4pm	
	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												
8:00am												
9:00am												
10:00am		Core Anthony					Osteo-Fitness Sue		On The Move Stacy			Core Anthony
11:00am		Boot Camp Anthony					Gentle Yoga Sue		Restorative Yoga Stacy			Boot Camp Anthony
12:00pm							NIA Technique Elizabeth	Hatha Yoga Sue	Simply Strength Stacy			
1:00pm							Power Hips Elizabeth	Vinyasa Yoga Sue	SPIN Stacy			
4:00pm												
5:00pm												
6:00pm												
7:00pm												