

Group Fitness Schedule

December 31, 2018 - January 6, 2019

DECEMBER BREAK SCHEDULE



THE ATHLETICS CENTRE
HOME OF THE TRENT EXCALIBUR

Time	Monday, Dec. 31		Tuesday, January 1		Wednesday, January 2		Thursday, January 3		Friday, January 4		Saturday, January 5					
	CLOSED		Building Hours 8am-12 noon		Building Hours 6am-11pm		Building Hours 6am-11pm		Building Hours 6am-11pm		Building Hours 7am-9pm					
	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																
8:00am						Vinyasa Yoga Stacy	HIIT Kaitlyn		Restorative Yoga Stacy							
9:00am							Gentle Strength & Stretch Kaitlyn									
10:00am					Osteo-Fitness Sue		On The Move Stacy		Osteo-Fitness Sue		On The Move Stacy		Core Anthony			
11:00am					Gentle Yoga Sue		Senior Yoga Stacy		Gentle Yoga Sue		Gentle Strength & Stretch Stacy		Boot Camp Anthony			
12:00pm									Cardio & Core Stacy		NIA Technique Elizabeth	Hatha Yoga Sue	Simply Strength Stacy			
1:00pm									Simply Strength Stacy		Power Hips Elizabeth	Vinyasa Yoga Sue	SPIN Stacy			
4:00pm												Core Anthony				
5:00pm												HIIT Anthony				
6:00pm															Hatha Yoga Frank	
7:00pm									Yoga Frank							