



## Summer 2019 Schedule

July 2<sup>nd</sup> – September 7<sup>th</sup>

*Note: Studio will be closed August 5<sup>th</sup> for the Civic Holiday  
and August 30<sup>th</sup> – September 2<sup>nd</sup> for Labour Day Weekend*

### Monday

9:30 AM	ELDOA 1-2	Sheri
10:45 AM	Equipment	Sheri
12:00 PM	Whole Body 1-2	Sheri
5:15 PM	Group Equipment	Jill
6:30 PM	Circuit Mat	Jill

### Tuesday

7:30 AM	Equipment	Emilie
9:30 AM	Equipment	Emilie
1:00 PM	Equipment	Julia
2:00 PM	Equipment	Julia
4:00 PM	Equipment	Sarah
5:15 PM	ELDOA 2	Sarah
6:30 PM	Active Stretch & Strength	Sarah
7:45 PM	Equipment	Sarah

### Wednesday

9:30 AM	Dynamic Mat	Michelle
12:00 PM	Spotlight Mat	Michelle
5:30 PM	Equipment	Sarah F.

### Thursday

7:30 AM	Equipment – Instructor Led	Michelle
9:30 AM	Equipment	Michelle
12:00 PM	Deep Strength	Sarah
1:15 PM	Equipment	Sarah
2:15 PM	Equipment	Sarah

### Friday

9:30 AM	Equipment	Julia
10:45 AM	Equipment	Julia

### Saturday

9:00 AM	Equipment	Sarah F
10:15 AM	Whole Body 1-2	Sarah F
11:30 AM	Equipment	Sarah F

*\*Private Sessions available Monday to Sunday*

*\*\*Please check our online schedule daily for updates*

*\*\*\*The numbers indicate what experience level you may need to participate. 1 is for everyone, 1-2 is accessible.*