

The Womens Fitness Clubs of Canada

Effective Thurs. July 29, 2010

call or visit www.womensfitnessclubs.com for updates

Bayview Schedule 416.489.1520

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 - 7:00 AM CARDIO BOOTCAMP Varissa		6:15 - 7:00 AM MUSCLE MIX PLUS Murielle				
	9:00 - 9:45 AM TURBO KICK Gillian	9:00 - 9:30 AM HARD CORE ABS Jane		8:45 - 9:25 AM MUSCLE MIX Pedro M	8:30 - 9:30 AM CARDIO KICK/BOOTCAMP Alin M	
9:00 - 10:00 AM MUSCLE MIX Alin M	9:45 - 10:45 AM MUSCLE MIX Gillian	9:30 - 10:30 AM 50/50 MIX Jane	9:30 - 10:45 AM YOGA FLOW Lisa	9:30 - 10:30 AM CARDIO FUNK Pedro MR	9:30 - 10:30 AM MUSCLE MIX PLUS Alin MR	9:30 - 10:25 AM MUSCLE MIX Luda (till Sept. 5th)
10:00 - 11:00 AM CARDIO KICK BOX Alin M		10:30 - 11:30 AM MUSCLE MIX Jane		10:30 - 10:55 AM HARDCORE ABS Pedro M		10:30 - 11:30 AM FUSION Luda (till Sept. 5th)
	12:00 - 1:15 PM VINYASA YOGA Sherri			11:00 - 11:25 AM PILATES ON THE BALL Pedro M		12:00 - 1:00 PM ZUMBA Ricardo M
1:15 - 2:15 PM MUSCLE MIX Lesley		1:30 - 2:25 PM ON THE BALL Clairese	1:30 - 2:30 PM 50/50 KICK N' SCULPT Alin M	12:15 - 1:30 PM VINYASA YOGA Sherri		
5:30 - 6:30 PM MUSCLE MIX PLUS Jane	5:30 - 6:30 PM CARDIO KICK BOX Alin M	5:30 - 6:30 PM MUSCLE MIX Beth	5:30 - 6:30 PM PILATES Sue-Anne			
	6:30 - 7:30 PM MUSCLE MIX Alin MR	6:30 - 7:45 PM HATHA YOGA Sue Anne	6:30 - 7:25 PM MUSCLE MIX Tanja			
7:30 - 8:30 PM GENTLE YOGA Amy						
CYCLE STUDIO						
	6:45 - 7:30 AM CYCLE Kelly					
9:30 - 10:30 AM CYCLE Elizabeth		9:30 - 10:30 AM CYCLE Lesley		9:30 - 10:30 AM CYCLE Alanna R	8:30 - 9:30 AM CYCLE Liz	9:30 - 10:30 AM CYCLE Elizabeth
						11:00 AM - 12:00 PM LEARN TO CYCLE Returns Sept. 12th
6:30 - 7:30 PM CYCLE Beth L.		6:30 - 7:30 PM CYCLE Elizabeth				

Bayview Specialty Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		11:30 - 12:30 PM WEIGHT LOSS CHALLENGE Mariam (start Aug. 4)				
11:15 - 1:00 PM MOMMY & BABY Andrea	1:15 - 2:15 PM XTREME SCULPT Michelle (starts July 27) N	11:30 - 12:30 PM OSTEO-FIT Deb (starts Sept. 15)	10:00 - 11:00 AM WEIGHT LOSS CHALLENGE Nadine (starts Aug. 5)		12:30 - 1:30 PM TEEN ZUMBA Laura (starts Sept. 25)	
	4:30 - 5:30 PM TEEN PERSONAL TRAIN. Laura (starts Sept. 21)	4:30 - 5:30 PM TEEN YOGA Sue (starts Sept. 30)	4:30 - 5:30 PM TEEN SPIN Laura (starts Sept. 30)			
6:30 - 7:30 PM WEIGHT LOSS CHALLENGE Laura (starts Aug. 9)		5:30 - 6:30 PM WEIGHT LOSS CHALLENGE Justine (starts Aug. 4)				
DYNAMIC FITNESS SCHEDULE: EFFECTIVE AUGUST 2						
	11:00 - 12:00 PM Brenda		6:15 - 7:15 AM Brenda			
		12:30 - 1:30 PM Mariam	11:00 - 12:00 PM Tara			
	4:00 - 5:00 PM Tanya					
	7:30 - 8:30 PM Tanya		7:30 - 8:30 PM Brenda			

N - INDICATES NEW CLASS, TIME OR INSTRUCTOR **R** - INDICATES ADVANCED RESERVATIONS AVAILABLE **M** - INDICATES MALE INSTRUCTOR

NOTE: Check dates and availability for all paid programs at Reception. Pre-registration required for paid programs. Semi-private and one-on-one sessions available.

***Classes, times and instructors are subject to change without notice.**