

📍 CYCLE STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CYCLE ⌚ 9:15 - 10:00 am 👤 Maria	CYCLE ⌚ 5:45 - 6:30 pm 👤 Rahma		CYCLE ⌚ 9:40 - 10:25 am 👤 Karyn	CYCLE ⌚ 9:15 - 10:00 am 👤 Karyn	CYCLE ⌚ 9:15 - 10:00 am 👤 Allison	
CYCLE ⌚ 4:45 - 5:30 pm 👤 Rahma			CYCLE ⌚ 5:45 - 6:30 pm 👤 Judy/Bronwen			

📍 MAIN STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CARDIO STEP ⌚ 9:25 - 10:25 am 👤 Sarah	STRONG BY ZUMBA ⌚ 9:25 - 10:25 am 👤 Andrea	STEP EXPRESS / ATHLETIC CORE ⌚ 9:25 - 10:25 am 👤 Evie	VIPR ⌚ 9:00 - 9:30 am 👤 Kim	IRON REPS ⌚ 9:25 - 10:25 am 👤 Francesca	VIPR ⌚ 8:40 - 9:25 am 👤 Kathy/Jumana	ZUMBA ⌚ 10:30 - 11:30 am 👤 Martha
MASTER MOBILITY ⌚ 10:45 - 11:30 am 👤 Allison/Stephanie	LIFT ⌚ 4:45 - 5:30 pm 👤 Allison	IRON REPS ⌚ 5:30 - 6:30 pm 👤 Sarah	ZUMBA ⌚ 9:35 - 10:35 am 👤 Kim	ZUMBA ⌚ 10:35 - 11:35 am 👤 Samantha	ZUMBA ⌚ 9:25 - 10:25 am 👤 Vanessa/Jumana	
IRON REPS ⌚ 5:30 - 6:30 pm 👤 Ekene	3 2 1 ⌚ 5:30 - 6:30 pm 👤 Philomena	ZUMBA ⌚ 6:45 - 7:45 pm 👤 Noy	CORE ⌚ 5:45 - 6:15 pm 👤 Gill		IRON REPS ⌚ 11:00 am - 12:00 pm 👤 Sarah	
ZUMBA ⌚ 6:45 - 7:45 pm 👤 Kelli	STRONG BY ZUMBA ⌚ 6:45 - 7:45 pm 👤 Kelli		MASTER MOBILITY ⌚ 6:15 - 6:45 pm 👤 Gill			

📍 MIND/BODY STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BARRE WORKOUT ⌚ 9:25 - 10:25 am 👤 LaurieLee	HATHA YOGA ⌚ 9:25 - 10:25 am 👤 Terra	HATHA YOGA ⌚ 10:45 - 11:45 am 👤 Terra	HATHA YOGA ⌚ 10:45 - 11:45 pm 👤 Aditi		HATHA YOGA ⌚ 9:15 - 10:15 am 👤 Cristina	
HATHA YOGA ⌚ 6:45 - 7:45 pm 👤 Catt	BARRE WORKOUT ⌚ 5:30 - 6:30 pm 👤 Stacy	YOGA FLOW ⌚ 6:45 - 7:45 pm 👤 Terra	BARRE WORKOUT ⌚ 6:00 - 7:00 pm 👤 LaurieLee		BARRE WORKOUT ⌚ 10:30 - 11:30 am 👤 Jumana	

📍 FLOOR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		TREAD & SHRED ⌚ 9:45 - 10:35 am 👤 Jillian			TREAD & SHRED ⌚ 10:30 - 11:20 am 👤 Claudia/Gill/Jillian	

NOTE:

This schedule is subject to change. For the most up to date schedule visit spalady.ca/group-fitness/group-class-schedule.

⌚ Class Time

👤 Class Instructor

MAIN STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ZUMBA ⌚ 8:35 - 9:20 am 👤 Andrea	CARDIO EXPRESS ⌚ 8:25 - 9:25 am 👤 Judy	STEP & PUMP ⌚ 9:30 - 10:30 am 👤 Heather	3 2 1 / CORE ⌚ 9:30 - 10:30 am 👤 Maria/Teresa	CARDIO EXPRESS ⌚ 8:35 - 9:20 am 👤 Judy	STEP & PUMP ⌚ 9:30 - 10:30 am 👤 Heather	ZUMBA ⌚ 10:30 - 11:30 am 👤 TBA
STEP EXPRESS / LEGS, BUMS & TUMS ⌚ 9:30 - 10:30 am 👤 Judy	IRON REPS ⌚ 9:30 - 10:30 am 👤 Tanya	ZUMBA ⌚ 12:15 - 12:55 pm 👤 Andrea	STRONG BY ZUMBA ⌚ 10:45 - 11:45 am 👤 Heather	IRON REPS ⌚ 9:30 - 10:30 am 👤 Heather	ZUMBA ⌚ 10:40 - 11:40 am 👤 Kimberly/JoAnne	
VIPR ⌚ 10:50 - 11:35 am 👤 Kim/Tanya	ZUMBA ⌚ 10:45 - 11:45 am 👤 Lu	CELEBRITY BODY ⌚ 4:15 - 5:10 pm 👤 Chantelle	IRON REPS ⌚ 12:15 - 12:55 pm 👤 Megan	VIPR & BALL ⌚ 10:50 - 11:35 am 👤 Tanya	IRON REPS ⌚ 11:45 am - 12:45 pm 👤 Tanya	
3 2 1 ⌚ 12:15 - 12:55 pm 👤 Tanya	TOTAL BODY CONDITIONING ⌚ 12:15 - 12:55 pm 👤 Shannon	IRON REPS ⌚ 5:15 - 6:15 pm 👤 TBA	STEP & PUMP ⌚ 4:15 - 5:10 pm 👤 Judy	STRONG BY ZUMBA ⌚ 12:10 - 12:55 pm 👤 Constanza		
ZUMBA ⌚ 4:15 - 5:10 pm 👤 Martha	MASTER MOBILITY ⌚ 4:15 - 5:00 pm 👤 Savannah	STRONG BY ZUMBA ⌚ 6:30 - 7:30 pm 👤 Heather	CARDIO SCULPT ⌚ 5:15 - 6:15 pm 👤 Nicole	3 2 1 ⌚ 4:15 - 5:10 pm 👤 TBA		
IRON REPS ⌚ 5:15 - 6:15 pm 👤 Tammy	3 2 1 / CORE ⌚ 5:15 - 6:15 pm 👤 Kelly	ADRENALINE ⌚ 7:40 - 8:40 pm 👤 Jessica	IRON REPS ⌚ 6:30 - 7:30 pm 👤 TBA	ZUMBA ⌚ 5:15 - 6:15 pm 👤 Charmaine		
STEP & HIIT ⌚ 6:30 - 7:00 pm 👤 Nicole	ZUMBA ⌚ 6:30 - 7:30 pm 👤 Andrea		ZUMBA ⌚ 7:40 - 8:40 pm 👤 Lu			
ATHLETIC CORE ⌚ 7:00 - 7:30 pm 👤 Nicole	IRON REPS ⌚ 7:40 - 8:40 pm 👤 Judy					
ZUMBA ⌚ 7:40 - 8:40 pm 👤 Kimberly						

MIND/BODY STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HATHA YOGA ⌚ 6:05 - 7:05 am 👤 Belu	HATHA YOGA ⌚ 9:30 - 10:30 am 👤 Liana	HATHA YOGA ⌚ 6:05 - 7:05 am 👤 Belu	YOGA FOR STRENGTH ⌚ 10:45 - 11:45 am 👤 Belu	HATHA YOGA ⌚ 6:05 - 7:05 am 👤 Belu	FLOW YOGA ⌚ 9:15 - 10:15 am 👤 Danielle	
HATHA YOGA ⌚ 9:30 - 10:30 am 👤 Gita	HATHA YOGA ⌚ 4:00 - 5:00 pm 👤 Belu	BARRE WORKOUT ⌚ 9:30 - 10:30 am 👤 Tanya	YIN YOGA ⌚ 6:15 - 7:15 pm 👤 Sydney	HATHA YOGA ⌚ 9:30 - 10:30 am 👤 Judy	VIPR & BALL ⌚ 10:45 - 11:30 am 👤 Tanya	
YOGA FOR BACK CARE ⌚ 5:30 - 6:30 pm 👤 Elyte	FLOW YOGA ⌚ 6:15 - 7:15 pm 👤 Danielle	HATHA YOGA ⌚ 10:45 - 11:45 am 👤 Judy				
	BARRE WORKOUT ⌚ 7:40 - 8:40 pm 👤 Rachel	HATHA YOGA ⌚ 12:00 - 1:00 pm 👤 Aditi				
		BENDER BALL / CORE ⌚ 5:30 - 6:30 pm 👤 Chantelle				
		HATHA YOGA ⌚ 6:30 - 7:30 pm 👤 Belu				

FLOOR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	TREAD & SHRED ⌚ 10:45 - 11:35 am 👤 Personal Trainer	CRT ⌚ 10:00 - 10:45 am 👤 Personal Trainer	TREAD & SHRED ⌚ 6:30 - 7:30 am 👤 Personal Trainer			TREAD & SHRED ⌚ 10:30 - 11:20 am 👤 Serena

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⌚ Class Time

👤 Class Instructor

MAIN STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STEP EXPRESS ⌚ 8:40 - 9:25 am 👤 Sarah	BARRE WORKOUT ⌚ 8:40 - 9:40 am 👤 Jamana	STEP EXPRESS ⌚ 8:40 - 9:25 am 👤 Kandi	BENDER BALL / CORE ⌚ 8:45 - 9:25 am 👤 Jumana	STEP EXPRESS ⌚ 9:25 - 9:55 am 👤 Kandi	STEP & PUMP ⌚ 9:25 - 10:25 am 👤 Ekene	ZUMBA ⌚ 10:30 - 11:30 am 👤 Vanessa
STEP & PUMP ⌚ 9:25 - 10:25 am 👤 Kandace	IRON REPS ⌚ 9:25 - 10:25 am 👤 Sarah/Megan	ZUMBA ⌚ 9:25 - 10:25 am 👤 Maan	HIIT CARDIO / LEGS, BUMS & TUMS ⌚ 9:25 - 10:25 am 👤 Jumana	CELEBRITY BODY ⌚ 9:55 - 10:25 am 👤 Kandi	IRON REPS ⌚ 10:45 - 11:45 am 👤 Jeremy	
ZUMBA ⌚ 10:45 - 11:45 am 👤 Cherry	ZUMBA ⌚ 12:15 - 1:00 pm 👤 Cherry	MASTER MOBILITY ⌚ 10:30 - 11:15 pm 👤 Sharon	IRON REPS ⌚ 5:35 - 6:20 pm 👤 Ekene	CELEBRITY BODY ⌚ 4:45 - 5:30 pm 👤 Ekene	ZUMBA ⌚ 12:00 - 1:00 pm 👤 Maan	
3 2 1 ⌚ 4:45 - 5:30 pm 👤 Kandi	STEP & PUMP ⌚ 4:45 - 5:30 pm 👤 Carlisle	IRON REPS ⌚ 4:45 - 5:30 pm 👤 Carlisle	STEP, HIIT & PUMP ⌚ 6:30 - 7:30 pm 👤 Ekene	ZUMBA ⌚ 5:35 - 6:35 pm 👤 Jumana		
STEP & PUMP ⌚ 5:35 - 6:35 pm 👤 Kandi	ZUMBA ⌚ 5:35 - 6:20 pm 👤 Maria	VIPR ⌚ 5:35 - 6:20 pm 👤 Aven	ZUMBA ⌚ 7:35 - 8:35 pm 👤 Mariane			
STRONG BY ZUMBA ⌚ 6:40 - 7:40 pm 👤 Constanza	IRON REPS ⌚ 6:30 - 7:30 pm 👤 Jeremy OCTOBER	ZUMBA ⌚ 6:30 - 7:30 pm 👤 Maria/Pam				
	CELEBRITY BODY ⌚ 6:30 - 7:30 pm 👤 Jumana NOVEMBER/DECEMBER					

MIND/BODY STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HATHA YOGA ⌚ 7:35 - 8:35 pm 👤 Naoko	HATHA YOGA ⌚ 10:45 - 11:45 am 👤 Naoko		HATHA YOGA ⌚ 4:45 - 5:45 pm 👤 Naoko	HATHA YOGA ⌚ 10:20 - 11:20 am 👤 Naoko		
	HATHA YOGA ⌚ 7:35 - 8:35 pm 👤 Naoka					

FLOOR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		TREAD & SHRED ⌚ 9:30 - 10:20 am 👤 Megan				

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⌚ Class Time

👤 Class Instructor

 MAIN STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HIIT CARDIO & ABS ⌚ 8:30 - 9:15 am 👤 Jill	CARDIO EXPRESS / ABS & ARMS ⌚ 9:25 - 10:25 am 👤 Francesca	IRON REPS ⌚ 8:30 - 9:15 am 👤 Jodie	VIPR ⌚ 8:30 - 9:15 am 👤 Jill	HIIT CARDIO & ABS ⌚ 8:30 - 9:30 am 👤 Jill	CARDIO STEP ⌚ 9:25 - 10:25 am 👤 Stephanie	ZUMBA ⌚ 9:00 - 10:00 am 👤 Michelle
IRON REPS ⌚ 9:25 - 10:25 am 👤 Karyn	HATHA YOGA ⌚ 10:45 - 11:45 am 👤 Paola	STEP EXPRESS / TOTAL BODY CONDITIONING ⌚ 9:25 - 10:25 am 👤 Francesca	ZUMBA ⌚ 9:25 - 10:25 am 👤 Maan	MED BALL / LEGS, BUMS & TUMS ⌚ 9:25 - 10:25 am 👤 Darci	ZUMBA ⌚ 10:45 - 11:40 am 👤 Kelli	VIPR ⌚ 10:15 - 11:00 am 👤 Jill/Danielle
MASTER MOBILITY ⌚ 10:30 - 11:20 am 👤 Kelly	ZUMBA ⌚ 12:15 - 1:00 pm 👤 Martha	HATHA YOGA ⌚ 10:30 - 11:30 am 👤 Mona	FLOW YOGA ⌚ 10:45 - 11:45 am 👤 Terra	HATHA YOGA ⌚ 10:45 - 11:45 am 👤 Terra	HIIT CARDIO ⌚ 11:45 am - 12:15 pm 👤 Kelli	
TOTAL BODY CONDITIONING ⌚ 12:15 - 1:00 pm 👤 Cindy	3 2 1 ⌚ 4:15 - 5:15 pm 👤 Darci	ATHLETIC STEP & CORE ⌚ 4:15 - 5:15 pm 👤 Rachel	BARRE WORKOUT ⌚ 4:15 - 5:15 pm 👤 Stacy	IRON REPS ⌚ 12:15 - 1:00 pm 👤 Karyn/Kelli	ADRENALINE ⌚ 12:30 - 1:30 pm 👤 Marjorie	
3 2 1 ⌚ 5:15 - 6:15 pm 👤 Stephanie	CARDIO EXPRESS / ABS & ARMS ⌚ 5:15 - 6:15 pm 👤 Zena	IRON REPS ⌚ 5:20 - 6:20 pm 👤 Rachel	ATHLETIC STEP & CORE ⌚ 5:15 - 6:15 pm 👤 Darci	ZUMBA ⌚ 6:30 - 7:30 pm 👤 Martha		
CELEBRITY BODY / CORE ⌚ 6:30 - 7:30 pm 👤 Jumana	MASTER MOBILITY ⌚ 6:20 - 7:20 pm 👤 Kelly	ZUMBA ⌚ 6:30 - 7:30 pm 👤 Kavita	HIIT CARDIO / LEGS, BUMS & TUMS ⌚ 6:15 - 7:15 pm 👤 Sarah			
ZUMBA ⌚ 7:35 - 8:35 pm 👤 Mariane	CELEBRITY BODY ⌚ 7:30 - 8:15 pm 👤 Jessica	CELEBRITY BODY / LEGS, BUMS & TUMS ⌚ 7:35 - 8:35 pm 👤 Stephanie	HATHA YOGA ⌚ 7:35 - 8:35 pm 👤 Naeema			

 FLOOR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TREAD & SHRED ⌚ 9:45 - 10:35 am 👤 Stephanie	TREAD & SHRED ⌚ 12:10 - 1:00 pm 👤 Trainer	TREAD & SHRED ⌚ 9:45 - 10:35 am 👤 Karyn	TREAD & SHRED ⌚ 5:30 - 6:20 pm 👤 Stacy			
TREAD & SHRED ⌚ 5:30 - 6:20 pm 👤 Tanya						

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 Class Time

 Class Instructor