

📍 CYCLE STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CYCLE ⌚ 9:15 - 10:00 am 👤 Maria	CYCLE ⌚ 5:45 - 6:30 pm 👤 Rahma	CYCLE ⌚ 6:00 - 6:45 pm 👤 Marisa	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						

📍 MAIN STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LIFT ⌚ 8:45 - 9:20 am 👤 Allison	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 👤 Kelli/Marjorie	VIPR ⌚ 8:40 - 9:25 am 👤 Kathy/Jumana	ZUMBA ⌚ 10:30 - 11:30 am 👤 Maria
STEP EXPRESS / LEGS, BUMS & TUMS ⌚ 9:25 - 10:25 am 👤 Sarah	LIFT ⌚ 4:45 - 5:30 pm 👤 Claudia	ZUMBA ⌚ 12:15 - 1:00 pm 👤 Kim	ZUMBA ⌚ 9:35 - 10:35 am 👤 Kim	ZUMBA ⌚ 10:35 - 11:35 am 👤 Samantha	ZUMBA ⌚ 9:25 - 10:25 am 👤 Vanessa/Jumana	
MASTER MOBILITY ⌚ 10:45 - 11:30 am 👤 Allison/Stephanie	3 2 1 ⌚ 5:30 - 6:30 pm 👤 Philomena	IRON REPS ⌚ 5:30 - 6:30 pm 👤 Sarah	CORE ⌚ 5:45 - 6:15 pm 👤 Gill		IRON REPS ⌚ 11:00 am - 12:00 pm 👤 Sarah	
IRON REPS ⌚ 5:30 - 6:30 pm 👤 Ekene	STRONG BY ZUMBA ⌚ 6:45 - 7:45 pm 👤 Kelli	ZUMBA ⌚ 6:45 - 7:45 pm 👤 Noy	MASTER MOBILITY ⌚ 6:15 - 6:45 pm 👤 Gill			
ZUMBA ⌚ 6:45 - 7:45 pm 👤 Kelli						

📍 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 👤 Aditi	HATHA YOGA ⌚ 10:45 - 11:45 pm 👤 Aditi		HATHA YOGA ⌚ 9:15 - 10:15 am 👤 Cristina	FLOW YOGA ⌚ 9:30 - 10:30 am 👤 Marie
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/Andrea	

📍 FLOOR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TREAD & SHRED ⌚ 7:00 - 7:50 pm 👤 Claudia		TREAD & SHRED ⌚ 9:45 - 10:35 am 👤 Jillian			TREAD & SHRED ⌚ 10:30 - 11:20 am 👤 Claudia	

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 ⌚ 8:35 - 9:35 am ▲ Judy	STEP & PUMP ⌚ 9:30 - 10:30 am ▲ Heather	3 2 1 / CORE ⌚ 9:30 - 10:30 am ▲ Teresa	CARDIO EXPRESS ⌚ 8:35 - 9:20 am ▲ Judy	STEP & PUMP ⌚ 9:30 - 10:30 am ▲ Heather	ZUMBA ⌚ 10:30 - 11:30 am ▲ Charmaine
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	
VIPR ⌚ 10:50 - 11:35 am ▲ Tanya	ZUMBA ⌚ 10:45 - 11:45 am ▲ Samantha	BODYBLAST ⌚ 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 ▲ Savanah	STRONG BY ZUMBA ⌚ 6:30 - 7:30 pm ▲ Heather	CARDIO SCULPT ⌚ 5:15 - 6:15 pm ▲ Nicole	ZUMBA ⌚ 5:15 - 6:15 pm ▲ Charmaine		
IRON REPS ⌚ 5:15 - 6:15 pm ▲ Tammy	3 2 1 / CORE ⌚ 5:15 - 6:15 pm ▲ Kelly		IRON REPS ⌚ 6:30 - 7:30 pm ▲ Jessica			
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	BARRE WORKOUT ⌚ 10:45 - 11:45 am ▲ Tanya	BARRE WORKOUT ⌚ 9:30 - 10:30 am ▲ Tanya	YIN YOGA ⌚ 6:15 - 7:15 pm ▲ Danielle	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 ▲ Liana	HATHA YOGA ⌚ 4:00 - 5:00 pm ▲ Belu	HATHA YOGA ⌚ 10:45 - 11:45 am ▲ Judy				
	FLOW YOGA ⌚ 6:15 - 7:15 pm ▲ Danielle	HATHA YOGA ⌚ 12:00 - 1:00 pm ▲ TBA				
	BARRE WORKOUT ⌚ 7:40 - 8:40 pm ▲ Rachel	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 ▲ Trainer	CRT ⌚ 10:00 - 10:45 am ▲ Trainer	TREAD & SHRED ⌚ 6:30 - 7:30 am ▲ 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, HIIT & PUMP ⌚ 9:25 - 10:25 am ♣ Kandace/Marie	IRON REPS ⌚ 9:25 - 10:25 am ♣ Megan	ZUMBA ⌚ 9:25 - 10:25 am ♣ Maan	HIIT CARDIO / LEGS, BUMS & TUMS ⌚ 9:25 - 10:25 am ♣ Jumana	BODYBLAST ⌚ 9:55 - 10:25 am ♣ Kandi	IRON REPS ⌚ 10:45 - 11:45 am ♣ Jerremy	
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	BODYBLAST ⌚ 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	3 2 1 ⌚ 5:35 - 6:20 pm ♣ Aven	ZUMBA ⌚ 7:35 - 8:35 pm ♣ Mariane			
ZUMBA ⌚ 6:40 - 7:40 pm ♣ Kelsey	BODYBLAST ⌚ 6:30 - 7:30 pm ♣ Jumana	ZUMBA ⌚ 6:30 - 7:30 pm ♣ Maria/Kelsey				

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 ▲ Francesca	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 ⌚ 10:35 - 11:35 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	STRONG BY ZUMBA ⌚ 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		
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 ▲ Stephanie	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	BODYBLAST ⌚ 6:20 - 7:20 pm ▲ Jessica	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		BODYBLAST / LEGS, BUMS & TUMS ⌚ 7:35 - 8:35 pm ▲ Jessica	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 ▲ Chantelle	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