

 MAIN STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>CARDIO EXPRESS</b> ⌚ 9:25 - 9:55 am ♣ Roshni	<b>3 2 1</b> ⌚ 9:25 - 9:55 am ♣ Leslie	<b>BODYBLAST / ABS &amp; ARMS</b> ⌚ 9:25 - 10:25 am ♣ Petra	<b>HIIT CARDIO</b> ⌚ 9:25 - 9:55 am ♣ Leslie	<b>STEP &amp; PUMP</b> ⌚ 9:25 - 10:25 am ♣ Crystal	<b>ZUMBA</b> ⌚ 9:25 - 10:25 am ♣ Sabrina	<b>STRONG BY ZUMBA</b> ⌚ 9:30 - 10:30 am ♣ Cathy
<b>ADRENALINE</b> ⌚ 9:55 - 10:25 am ♣ Roshni	<b>HATHA YOGA</b> ⌚ 10:00 - 11:00 am ♣ Leslie	<b>HATHA YOGA</b> ⌚ 10:45 - 11:45 am ♣ Donna	<b>IRON REPS</b> ⌚ 10:00 - 11:00 am ♣ Leslie	<b>HATHA YOGA</b> ⌚ 10:45 - 11:45 am ♣ Donna	<b>TOTAL BODY CONDITIONING</b> ⌚ 10:45 - 11:45 am ♣ Anna/Laura	
<b>IRON REPS</b> ⌚ 10:45 - 11:45 am ♣ Roshni	<b>ZUMBA</b> ⌚ 4:15 - 5:15 pm ♣ Karen	<b>3 2 1</b> ⌚ 12:15 - 1:00 pm ♣ Donna	<b>YIN YOGA</b> ⌚ 11:10 am - 12:10 pm ♣ Leslie	<b>ZUMBA</b> ⌚ 6:35 - 7:35 pm ♣ Sandamali	<b>YOGA FOR STRENGTH</b> ⌚ 12:00 - 1:00 pm ♣ Melanie	
<b>ZUMBA</b> ⌚ 12:15 - 1:00 pm ♣ Bertha	<b>BODYBLAST / CORE</b> ⌚ 5:30 - 6:30 pm ♣ Karen/Anna	<b>TOTAL BODY CONDITIONING</b> ⌚ 5:30 - 6:30 pm ♣ Roshni	<b>ZUMBA</b> ⌚ 12:15 - 1:00 pm ♣ Bertha		<b>ZUMBA</b> ⌚ 1:30 - 2:30 pm ♣ Sandamali	
<b>IRON REPS</b> ⌚ 4:15 - 5:15 pm ♣ Anna	<b>HIIT / LIFT</b> ⌚ 6:35 - 7:05 pm ♣ Anna/Natalie	<b>IRON REPS</b> ⌚ 6:35 - 7:35 pm ♣ Christina	<b>CARDIO STEP</b> ⌚ 5:30 - 6:30 pm ♣ Laura			
<b>STEP &amp; PUMP</b> ⌚ 5:30 - 6:30 pm ♣ Johanna	<b>HATHA YOGA</b> ⌚ 7:45 - 8:45 pm ♣ Kim	<b>FLOW YOGA</b> ⌚ 7:45 - 8:45 pm ♣ Kim	<b>ZUMBA</b> ⌚ 6:35 - 7:35 pm ♣ Jane			
<b>HATHA YOGA</b> ⌚ 6:35 - 7:35 pm ♣ Leslie						
<b>ZUMBA</b> ⌚ 7:45 - 8:45 pm ♣ Jane						

 FLOOR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>GROUP CIRCUIT</b> ⌚ 9:15 - 10:00 am ♣ Petra	<b>GROUP CIRCUIT</b> ⌚ 10:45 - 11:30 am ♣ Laura	<b>TREAD &amp; SHRED</b> ⌚ 9:15 - 10:05 am ♣ Petra			

## NOTE:

This schedule is subject to change. For the most up to date schedule visit [spalady.ca/group-fitness/group-class-schedule](http://spalady.ca/group-fitness/group-class-schedule).

 Class Time

 Class Instructor



 MAIN STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>CARDIO EXPRESS / ABS &amp; ARMS</b> ⌚ 9:15 - 10:15 am ▲ Dana	<b>TOTAL BODY CONDITIONING</b> ⌚ 9:15 - 10:15 am ▲ Dana	<b>HIIT CARDIO</b> ⌚ 9:15 - 9:45 am ▲ Rhondelle	<b>IRON REPS</b> ⌚ 9:15 - 10:15 am ▲ Christina	<b>ZUMBA</b> ⌚ 9:15 - 10:15 am ▲ Leah	<b>CARDIO EXPRESS / CORE</b> ⌚ 9:15 - 10:15 am ▲ Dana	
<b>HATHA YOGA</b> ⌚ 10:30 - 11:30 am ▲ Lisa	<b>ZUMBA</b> ⌚ 10:30 - 11:30 am ▲ Bertha	<b>CORE</b> ⌚ 9:45 - 10:15 am ▲ Rhondelle	<b>ZUMBA</b> ⌚ 10:30 - 11:30 am ▲ Timmie	<b>HATHA YOGA</b> ⌚ 10:30 - 11:30 am ▲ Kim	<b>ZUMBA</b> ⌚ 11:00 am - 12:00 pm ▲ Chelsea	
<b>ZUMBA</b> ⌚ 11:45 am - 12:45 pm ▲ Leah	<b>BODYBLAST / CORE</b> ⌚ 5:15 - 6:15 pm ▲ Serena	<b>FLOW YOGA</b> ⌚ 10:30 - 11:30 am ▲ Timmie	<b>ADRENALINE</b> ⌚ 6:30 - 7:30 pm ▲ Dana	<b>ZUMBA</b> ⌚ 6:30 - 7:30 pm ▲ Susana		
<b>IRON REPS</b> ⌚ 5:15 - 6:15 pm ▲ Veronica	<b>YOGA SCULPT</b> ⌚ 6:30 - 7:30 pm ▲ Dana	<b>TOTAL BODY CONDITIONING / HIIT CARDIO</b> ⌚ 5:15 - 6:15 pm ▲ Veronica	<b>YIN YANG YOGA</b> ⌚ 7:40 - 8:40 pm ▲ Kim			
<b>ZUMBA</b> ⌚ 6:30 - 7:30 pm ▲ Karen		<b>IRON REPS</b> ⌚ 6:30 - 7:30 pm ▲ Veronica				
		<b>ZUMBA</b> ⌚ 7:40 - 8:40 pm ▲ Serena				

 FLOOR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>GROUP CIRCUIT</b> ⌚ 6:30 - 7:15 pm ▲ Veronica	<b>GROUP CIRCUIT</b> ⌚ 9:25 - 10:10 am ▲ Laura	<b>BARRE GROUP CIRCUIT</b> ⌚ 9:25 - 10:10 am ▲ Roxy <b>STARTS JANUARY 23</b>	<b>GROUP CIRCUIT</b> ⌚ 9:25 - 10:10 am ▲ Anna	<b>GROUP CIRCUIT</b> ⌚ 9:25 - 10:10 am ▲ Dana	<b>GROUP CIRCUIT</b> ⌚ 10:00 - 10:45 am ▲ Serena	<b>TREAD &amp; SHRED</b> ⌚ 10:15 - 11:05 am ▲ Natalie
	<b>TREAD &amp; SHRED</b> ⌚ 10:30 - 11:20 am ▲ Laura		<b>TREAD &amp; SHRED</b> ⌚ 5:15 - 6:00 pm ▲ Reveena			<b>GROUP CIRCUIT</b> ⌚ 11:15 am - 12:00 pm ▲ Natalie

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 Class Time

 Class Instructor

📍 **CYCLE STUDIO**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>CYCLE</b> ⌚ 6:15 - 7:00 pm 👤 Laura		<b>CYCLE</b> ⌚ 9:15 - 10:00 am 👤 Amanda	<b>CYCLE</b> ⌚ 9:15 - 10:00 am 👤 Laura/Janice		<b>CYCLE</b> ⌚ 9:15 - 10:00 am 👤 Laura	
			<b>CYCLE</b> ⌚ 6:30 - 7:15 am 👤 Laura			

📍 **MAIN STUDIO**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>HIIT CARDIO</b> ⌚ 9:25 - 9:55 am 👤 Leslie	<b>IRON REPS</b> ⌚ 9:25 - 10:25 am 👤 Natalie	<b>3 2 1 / CORE</b> ⌚ 9:25 - 10:25 am 👤 Leslie	<b>ZUMBA</b> ⌚ 9:25 - 10:25 am 👤 Wendy	<b>CARDIO SCULPT</b> ⌚ 9:25 - 10:25 am 👤 Wendy	<b>PILATES</b> ⌚ 9:15 - 10:15 am 👤 Anna	<b>HIIT CARDIO / ABS &amp; ARMS</b> ⌚ 9:15 - 10:15 am 👤 Anna
<b>TOTAL BODY CONDITIONING</b> ⌚ 10:00 - 11:00 am 👤 Leslie	<b>BENDERBALL</b> ⌚ 10:35 - 11:35 am 👤 Salwa	<b>HATHA YOGA</b> ⌚ 10:25 - 11:25 am 👤 Leslie	<b>TOTAL BODY CONDITIONING</b> ⌚ 5:30 - 6:30 pm 👤 Crystal	<b>YOGA FOR RELAXATION</b> ⌚ 11:15 am - 12:15 pm 👤 Salwa	<b>ZUMBA</b> ⌚ 10:45 - 11:45 am 👤 Jane	<b>ZUMBA</b> ⌚ 10:30 - 11:30 am 👤 Jenny
<b>HATHA YOGA</b> ⌚ 11:15 am - 12:15 pm 👤 Leslie	<b>LIFT</b> ⌚ 5:30 - 6:30 pm 👤 Christina	<b>ZUMBA EXPRESS</b> ⌚ 5:30 - 6:00 pm 👤 Bertha	<b>ZUMBA</b> ⌚ 6:35 - 7:35 pm 👤 Chelsea			
<b>ZUMBA</b> ⌚ 5:45 - 6:30 pm 👤 Shumi	<b>HATHA YOGA</b> ⌚ 6:40 - 7:40 pm 👤 Christina	<b>3 2 1</b> ⌚ 6:00 - 6:30 pm 👤 Bertha				
<b>KNOCKOUT / BODYBLAST</b> ⌚ 6:35 - 7:35 pm 👤 Anna		<b>ZUMBA</b> ⌚ 6:35 - 7:35 pm 👤 Jenny				

📍 **FLOOR**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<b>GROUP CIRCUIT</b> ⌚ 9:15 - 10:00 am 👤 Crystal	<b>TREAD &amp; SHRED</b> ⌚ 10:15 - 11:00 am 👤 Salwa	<b>GROUP CIRCUIT</b> ⌚ 9:15 - 10:00 am 👤 Laura		

**NOTE:**

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⌚ Class Time

👤 Class Instructor

**SPA LADY**

## 📍 CYCLE STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>CYCLE</b> ☉ 9:15 - 10:00 am 🧑‍🏫 Cheryl	<b>CYCLE</b> ☉ 5:30 - 6:15 pm 🧑‍🏫 Laura	<b>CYCLE</b> ☉ 9:15 - 10:00 am 🧑‍🏫 Tina	<b>CYCLE</b> ☉ 5:30 - 6:15 pm 🧑‍🏫 Veronica		<b>CYCLE</b> ☉ 9:30 - 10:15 am 🧑‍🏫 Veronica	

## 📍 MAIN STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BODYBLAST</b> ☉ 9:15 - 10:00 am 🧑‍🏫 Natalie	<b>BENDER BARRE</b> ☉ 9:15 - 10:15 am 🧑‍🏫 Anna	<b>TOTAL BODY CONDITIONING</b> ☉ 10:15 - 11:15 am 🧑‍🏫 Tara	<b>MEDBALL BOOTCAMP</b> ☉ 9:15 - 10:15 am 🧑‍🏫 Victoria	<b>ADRENALINE</b> ☉ 9:15 - 10:05 am 🧑‍🏫 Christina	<b>TOTAL BODY CONDITIONING</b> ☉ 10:30 - 11:30 am 🧑‍🏫 Veronica	<b>3 2 1 / CORE</b> ☉ 9:30 - 10:30 am 🧑‍🏫 Veronica
<b>IRON REPS</b> ☉ 10:15 - 11:15 am 🧑‍🏫 Cheryl	<b>HIIT CARDIO</b> ☉ 5:15 - 5:45 pm 🧑‍🏫 Natalia	<b>ZUMBA</b> ☉ 5:30 - 6:30 pm 🧑‍🏫 Ana	<b>TOTAL BODY CONDITIONING</b> ☉ 6:35 - 7:35 pm 🧑‍🏫 Veronica			
<b>ADRENALINE</b> ☉ 6:30 - 7:00 pm 🧑‍🏫 Pamela	<b>3 2 1</b> ☉ 5:45 - 6:15 pm 🧑‍🏫 Natalia					
<b>LIFT</b> ☉ 7:00 - 7:30 pm 🧑‍🏫 Pamela	<b>IRON REPS</b> ☉ 6:30 - 7:30 pm 🧑‍🏫 Veronica					

## 📍 MIND/BODY STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>YIN YOGA</b> ☉ 5:30 - 6:30 pm 🧑‍🏫 Lisa	<b>HATHA YOGA</b> ☉ 10:30 - 11:30 am 🧑‍🏫 Alia	<b>YIN YOGA</b> ☉ 6:35 - 7:35 pm 🧑‍🏫 Tracy	<b>FLOW YOGA</b> ☉ 10:30 - 11:30 am 🧑‍🏫 Alia	<b>BARRE</b> ☉ 10:15 - 11:00 am 🧑‍🏫 Christina		<b>HATHA YOGA</b> ☉ 10:30 - 11:30 am 🧑‍🏫 Candice
			<b>FLOW YOGA</b> ☉ 6:00 - 7:00 pm 🧑‍🏫 Linnea/Arden			

## 📍 FLOOR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<b>TREAD &amp; SHRED</b> ☉ 9:30 - 10:20 am 🧑‍🏫 Minela				

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☉ Class Time

🧑‍🏫 Class Instructor