

📍 CYCLE STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CYCLE ⌚ 9:15 - 10:00 am	CYCLE ⌚ 5:45 - 6:30 pm	CYCLE ⌚ 6:00 - 6:45 pm	CYCLE ⌚ 9:40 - 10:25 am	CYCLE ⌚ 9:15 - 10:00 am	CYCLE ⌚ 9:15 - 10:00 am	
CYCLE ⌚ 4:45 - 5:30 pm						

📍 MAIN STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LIFT ⌚ 8:45 - 9:20 am	STRONG BY ZUMBA ⌚ 9:25 - 10:25 am	STEP EXPRESS / ATHLETIC CORE ⌚ 9:25 - 10:25 am	VIPR ⌚ 9:00 - 9:30 am	IRON REPS ⌚ 9:25 - 10:25 am	VIPR ⌚ 8:40 - 9:25 am	ZUMBA ⌚ 10:30 - 11:30 am
STEP EXPRESS / LEGS, BUMS & TUMS ⌚ 9:25 - 10:25 am	LIFT ⌚ 4:45 - 5:30 pm	ZUMBA ⌚ 12:15 - 1:00 pm	ZUMBA ⌚ 9:35 - 10:35 am	ZUMBA ⌚ 10:35 - 11:35 am	ZUMBA ⌚ 9:25 - 10:25 am	
MASTER MOBILITY ⌚ 10:45 - 11:30 am	3 2 1 ⌚ 5:30 - 6:30 pm	IRON REPS ⌚ 5:30 - 6:30 pm	LIFT ⌚ 10:35 - 11:45 am		IRON REPS ⌚ 11:00 am - 12:00 pm	
IRON REPS ⌚ 5:30 - 6:30 pm	STRONG BY ZUMBA ⌚ 6:45 - 7:45 pm	ZUMBA ⌚ 6:45 - 7:45 pm	CORE ⌚ 5:45 - 6:15 pm			
ZUMBA ⌚ 6:45 - 7:45 pm			MASTER MOBILITY ⌚ 6:15 - 6:45 pm			

📍 MIND/BODY STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BARRE WORKOUT ⌚ 9:25 - 10:25 am	HATHA YOGA ⌚ 9:25 - 10:25 am	HATHA YOGA ⌚ 10:45 - 11:45 am	HATHA YOGA ⌚ 10:45 - 11:45 am		BARRE WORKOUT ⌚ 8:35 - 9:15 am	FLOW YOGA ⌚ 9:30 - 10:30 am
HATHA YOGA ⌚ 6:45 - 7:45 pm	BARRE WORKOUT ⌚ 5:30 - 6:30 pm	YOGA FLOW ⌚ 6:45 - 7:45 pm	BARRE WORKOUT ⌚ 6:00 - 7:00 pm		HATHA YOGA ⌚ 9:20 - 10:20 am	
					BARRE WORKOUT ⌚ 10:30 - 11:30 am	

📍 FLOOR

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

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

⌚ Class Time

📍 MAIN STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ZUMBA ⌚ 8:35 - 9:20 am	CARDIO EXPRESS ⌚ 8:35 - 9:20 am	STEP & PUMP ⌚ 9:30 - 10:30 am	3 2 1 / CORE ⌚ 9:30 - 10:30 am	CARDIO EXPRESS ⌚ 8:35 - 9:20 am	STEP & PUMP ⌚ 9:30 - 10:30 am	ZUMBA ⌚ 10:30 - 11:30 am
STEP EXPRESS / LEGS, BUMS & TUMS ⌚ 9:30 - 10:30 am	IRON REPS ⌚ 9:30 - 10:30 am	ZUMBA ⌚ 12:15 - 12:55 pm	STRONG BY ZUMBA ⌚ 10:45 - 11:45 am	IRON REPS ⌚ 9:30 - 10:30 am	ZUMBA ⌚ 10:40 - 11:40 am	
VIPR ⌚ 10:50 - 11:35 am	ZUMBA ⌚ 10:45 - 11:45 am	BODYBLAST ⌚ 4:15 - 5:10 pm	IRON REPS ⌚ 12:10 - 12:55 pm	VIPR & BALL ⌚ 10:50 - 11:35 am	IRON REPS ⌚ 11:50 am - 12:45 pm	
3 2 1 ⌚ 12:15 - 12:55 pm	TOTAL BODY CONDITIONING ⌚ 12:15 - 12:55 pm	IRON REPS ⌚ 5:15 - 6:15 pm	STEP & PUMP ⌚ 4:15 - 5:10 pm	STRONG BY ZUMBA ⌚ 12:10 - 12:55 pm		
ZUMBA ⌚ 4:15 - 5:10 pm	MASTER MOBILITY ⌚ 4:15 - 5:00 pm	STRONG BY ZUMBA ⌚ 6:30 - 7:30 pm	CARDIO SCULPT ⌚ 5:15 - 6:15 pm	ZUMBA ⌚ 5:15 - 6:15 pm		
IRON REPS ⌚ 5:15 - 6:15 pm	3 2 1 / CORE ⌚ 5:15 - 6:15 pm		IRON REPS ⌚ 6:30 - 7:30 pm			
STEP & HIIT ⌚ 6:30 - 7:00 pm	ZUMBA ⌚ 6:30 - 7:30 pm		ZUMBA ⌚ 7:40 - 8:40 pm			
ATHLETIC CORE ⌚ 7:00 - 7:30 pm	MASTER MOBILITY ⌚ 7:40 - 8:40 pm					
ZUMBA ⌚ 7:40 - 8:40 pm						

📍 MIND/BODY STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HATHA YOGA ⌚ 6:05 - 7:05 am	HATHA YOGA ⌚ 9:30 - 10:30 am	HATHA YOGA ⌚ 6:05 - 7:05 am	YOGA FOR STRENGTH ⌚ 10:45 - 11:45 am	HATHA YOGA ⌚ 6:05 - 7:05 am	FLOW YOGA ⌚ 9:15 - 10:15 am	
HATHA YOGA ⌚ 9:30 - 10:30 am	BARRE WORKOUT ⌚ 10:45 - 11:45 pm	BARRE WORKOUT ⌚ 9:30 - 10:30 am	YIN YOGA ⌚ 6:15 - 7:15 pm	HATHA YOGA ⌚ 9:30 - 10:30 am	VIPR & BALL ⌚ 10:45 - 11:30 am	
YOGA FOR BACK CARE ⌚ 5:30 - 6:30 pm	HATHA YOGA ⌚ 4:00 - 5:00 pm	HATHA YOGA ⌚ 10:45 - 11:45 am				
	FLOW YOGA ⌚ 6:15 - 7:15 pm	YIN YOGA ⌚ 12:00 - 1:00 pm				
	BARRE WORKOUT ⌚ 7:40 - 8:40 pm	BENDER BALL / CORE ⌚ 5:30 - 6:30 pm				
		HATHA YOGA ⌚ 6:30 - 7:30 pm				

📍 FLOOR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	TREAD & SHRED ⌚ 10:45 - 11:35 am	CRT ⌚ 10:00 - 10:45 am			TREAD & SHRED ⌚ 10:00 - 10:50 am	TREAD & SHRED ⌚ 10:30 - 11:20 am

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⌚ Class Time

📍 MAIN STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STEP EXPRESS ⌚ 8:40 - 9:25 am	BARRE WORKOUT ⌚ 8:40 - 9:20 am	STEP EXPRESS ⌚ 8:40 - 9:25 am	BENDER BALL / CORE ⌚ 8:45 - 9:25 am	STEP EXPRESS ⌚ 9:25 - 9:55 am	STEP & PUMP ⌚ 9:25 - 10:25 am	ZUMBA ⌚ 10:30 - 11:30 am
IRON REPS ⌚ 9:25 - 10:25 am	BODYBLAST ⌚ 9:25 - 10:25 am	ZUMBA ⌚ 9:25 - 10:25 am	HIIT CARDIO / LEGS, BUMS & TUMS ⌚ 9:25 - 10:25 am	BODYBLAST ⌚ 9:55 - 10:25 am	IRON REPS ⌚ 10:45 - 11:45 am	
ZUMBA ⌚ 10:45 - 11:45 am	ZUMBA ⌚ 12:15 - 1:00 pm	MASTER MOBILITY ⌚ 10:30 - 11:15 pm	IRON REPS ⌚ 5:35 - 6:20 pm	BODYBLAST ⌚ 4:45 - 5:30 pm	ZUMBA ⌚ 12:00 - 1:00 pm	
3 2 1 ⌚ 4:45 - 5:30 pm	STEP & PUMP ⌚ 4:45 - 5:30 pm	IRON REPS ⌚ 4:45 - 5:30 pm	STEP, HIIT & PUMP ⌚ 6:30 - 7:30 pm	ZUMBA ⌚ 5:35 - 6:35 pm		
STEP & PUMP ⌚ 5:35 - 6:35 pm	ZUMBA ⌚ 5:35 - 6:20 pm	3 2 1 ⌚ 5:35 - 6:20 pm	ZUMBA ⌚ 7:35 - 8:35 pm			
ZUMBA ⌚ 6:40 - 7:40 pm	BODYBLAST ⌚ 6:30 - 7:30 pm	ZUMBA ⌚ 6:30 - 7:30 pm				

📍 MIND/BODY STUDIO

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

📍 FLOOR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		TREAD & SHRED ⌚ 9:30 - 10:20 am				TREAD & SHRED ⌚ 9:45 - 10:35 am

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⌚ Class Time

 MAIN STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HIIT CARDIO & ABS Ⓞ 8:30 - 9:15 am	CARDIO EXPRESS / ABS & ARMS Ⓞ 9:25 - 10:25 am	IRON REPS Ⓞ 8:30 - 9:15 am	VIPR Ⓞ 8:30 - 9:15 am	HIIT CARDIO & ABS Ⓞ 8:30 - 9:15 am	CARDIO STEP Ⓞ 9:25 - 10:25 am	ZUMBA Ⓞ 9:00 - 10:00 am
IRON REPS Ⓞ 9:25 - 10:25 am	HATHA YOGA Ⓞ 10:45 - 11:45 am	CARDIO SCULPT Ⓞ 9:25 - 10:25 am	ZUMBA Ⓞ 9:25 - 10:25 am	MED BALL / LEGS, BUMS & TUMS Ⓞ 9:25 - 10:25 am	ZUMBA Ⓞ 10:45 - 11:40 am	VIPR Ⓞ 10:15 - 11:00 am
MASTER MOBILITY Ⓞ 10:35 - 11:35 am	ZUMBA Ⓞ 12:15 - 1:00 pm	HATHA YOGA Ⓞ 10:45 - 11:45 am	FLOW YOGA Ⓞ 10:45 - 11:45 am	HATHA YOGA Ⓞ 10:45 - 11:45 am	STRONG BY ZUMBA Ⓞ 11:45 am - 12:15 pm	
TOTAL BODY CONDITIONING Ⓞ 12:15 - 1:00 pm	3 2 1 Ⓞ 4:15 - 5:15 pm	ATHLETIC STEP & CORE Ⓞ 4:15 - 5:15 pm	BARRE WORKOUT Ⓞ 4:15 - 5:15 pm	IRON REPS Ⓞ 12:15 - 1:00 pm		
3 2 1 Ⓞ 5:15 - 6:15 pm	CARDIO EXPRESS / ABS & ARMS Ⓞ 5:15 - 6:15 pm	IRON REPS Ⓞ 5:20 - 6:20 pm	ATHLETIC STEP & CORE Ⓞ 5:15 - 6:15 pm	ZUMBA Ⓞ 6:30 - 7:30 pm		
BODYBLAST / CORE Ⓞ 6:30 - 7:30 pm	BODYBLAST Ⓞ 6:20 - 7:20 pm	ZUMBA Ⓞ 6:30 - 7:30 pm	HIIT CARDIO / LEGS, BUMS & TUMS Ⓞ 6:15 - 7:15 pm			
ZUMBA Ⓞ 7:35 - 8:35 pm		BODYBLAST / LEGS, BUMS & TUMS Ⓞ 7:35 - 8:35 pm	HATHA YOGA Ⓞ 7:35 - 8:35 pm			

 FLOOR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TREAD & SHRED Ⓞ 9:45 - 10:35 am	TREAD & SHRED Ⓞ 12:10 - 1:00 pm	TREAD & SHRED Ⓞ 9:45 - 10:35 am	TREAD & SHRED Ⓞ 5:30 - 6:20 pm			
TREAD & SHRED Ⓞ 5:30 - 6:20 pm						

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