

## 📍 CYCLE STUDIO

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

## 📍 MAIN STUDIO

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

## 📍 MIND/BODY STUDIO

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

## 📍 FLOOR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>TREAD &amp; SHRED</b> ⌚ 7:00 - 7:50 pm		<b>TREAD &amp; SHRED</b> ⌚ 9:45 - 10:35 am			<b>TREAD &amp; SHRED</b> ⌚ 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](http://spalady.ca/group-fitness/group-class-schedule).

⌚ Class Time

## 📍 MAIN STUDIO

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

## 📍 MIND/BODY STUDIO

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

## 📍 FLOOR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					<b>TREAD &amp; SHRED</b> ⌚ 10:00 - 10:50 am	<b>TREAD &amp; SHRED</b> ⌚ 10:30 - 11:20 am

**NOTE:**  
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⌚ Class Time

📍 MAIN STUDIO

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

📍 MIND/BODY STUDIO

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

📍 FLOOR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<b>TREAD &amp; SHRED</b> ⌚ 9:30 - 10:20 am				<b>TREAD &amp; SHRED</b> ⌚ 9:45 - 10:35 am

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⌚ Class Time

 MAIN STUDIO

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

 FLOOR

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

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 Class Time