

 **MAIN STUDIO**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CARDIO EXPRESS Ⓞ 9:25 - 9:55 am	3 2 1 Ⓞ 9:25 - 9:55 am	BODYBLAST / ABS & ARMS Ⓞ 9:25 - 10:25 am	HIIT CARDIO Ⓞ 9:25 - 9:55 am	STEP & PUMP Ⓞ 9:25 - 10:25 am	ZUMBA Ⓞ 9:25 - 10:25 am	STRONG BY ZUMBA Ⓞ 9:30 - 10:30 am
ADRENALINE Ⓞ 9:55 - 10:25 am	HATHA YOGA Ⓞ 10:00 - 11:00 am	HATHA YOGA Ⓞ 10:45 - 11:45 am	IRON REPS Ⓞ 10:00 - 11:00 am	HATHA YOGA Ⓞ 10:45 - 11:45 am	TOTAL BODY CONDITIONING Ⓞ 10:45 - 11:45 am	
IRON REPS Ⓞ 10:45 - 11:45 am	ZUMBA Ⓞ 4:15 - 5:15 pm	3 2 1 Ⓞ 12:15 - 1:00 pm *Starts Sept 4	YIN YOGA Ⓞ 11:10 am - 12:10 pm	ZUMBA Ⓞ 6:35 - 7:35 pm	YOGA FOR STRENGTH Ⓞ 12:00 - 1:00 pm	
ZUMBA Ⓞ 12:15 - 1:15 pm	BODYBLAST / CORE Ⓞ 5:30 - 6:30 pm	TOTAL BODY CONDITIONING Ⓞ 5:30 - 6:30 pm	ZUMBA Ⓞ 12:15 - 1:15 pm		ZUMBA Ⓞ 1:30 - 2:30 pm	
IRON REPS Ⓞ 4:15 - 5:15 pm	ADRENALINE Ⓞ 6:30 - 7:30 pm	IRON REPS Ⓞ 6:35 - 7:35 pm	STEP PUMP Ⓞ 5:30 - 6:30 pm			
STEP & PUMP Ⓞ 5:30 - 6:30 pm	HATHA YOGA Ⓞ 7:45 - 8:45 pm	FLOW YOGA Ⓞ 7:45 - 8:45 pm	ZUMBA Ⓞ 6:35 - 7:35 pm			
HATHA YOGA Ⓞ 6:35 - 7:35 pm						
ZUMBA Ⓞ 7:45 - 8:45 pm						

 **FLOOR**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	GROUP CIRCUIT Ⓞ 9:15 - 10:00 am	GROUP CIRCUIT Ⓞ 10:45 - 11:30 am	TREAD & SHRED Ⓞ 9:15 - 10:05 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
CARDIO EXPRESS / ABS & ARMS ⌚ 9:15 - 10:15 am	TOTAL BODY CONDITIONING ⌚ 9:15 - 10:15 am	BARRE WORKOUT ⌚ 9:15 - 10:15 am	IRON REPS ⌚ 9:15 - 10:15 am	ZUMBA ⌚ 9:15 - 10:15 am	BODYBLAST ⌚ 9:15 - 10:15 am	
HATHA YOGA ⌚ 10:30 - 11:30 am	ZUMBA ⌚ 10:30 - 11:30 am	FLOW YOGA ⌚ 10:30 - 11:30 am	ZUMBA ⌚ 10:30 - 11:30 am	HATHA YOGA ⌚ 10:30 - 11:30 am	ZUMBA ⌚ 11:00 am - 12:00 pm	
ZUMBA ⌚ 11:45 am - 12:45 pm	BODYBLAST / CORE ⌚ 5:15 - 6:15 pm	TOTAL BODY CONDITIONING / HIIT CARDIO ⌚ 5:15 - 6:15 pm	ADRENALINE ⌚ 6:30 - 7:30 pm	ZUMBA ⌚ 6:30 - 7:30 pm		
IRON REPS ⌚ 5:15 - 6:15 pm	YOGA SCULPT ⌚ 6:30 - 7:30 pm	IRON REPS ⌚ 6:30 - 7:30 pm	YIN YANG YOGA ⌚ 7:40 - 8:40 pm			
ZUMBA ⌚ 6:30 - 7:30 pm		ZUMBA ⌚ 7:40 - 8:40 pm				

 FLOOR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GROUP CIRCUIT ⌚ 6:30 - 7:15 pm	GROUP CIRCUIT ⌚ 9:25 - 10:10 am	GROUP CIRCUIT ⌚ 9:25 - 10:10 am	GROUP CIRCUIT ⌚ 10:30 - 11:15 am	GROUP CIRCUIT ⌚ 9:25 - 10:10 am	GROUP CIRCUIT ⌚ 10:00 - 10:45 am	TREAD & SHRED ⌚ 10:15 - 11:05 am
	TREAD & SHRED ⌚ 10:30 - 11:20 am		TREAD & SHRED ⌚ 5:15 - 6:10 pm			GROUP CIRCUIT ⌚ 11:15 am - 12:00 pm

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 Class Time

📍 **CYCLE STUDIO**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CYCLE ⌚ 6:15 - 7:00 pm		CYCLE ⌚ 9:15 - 10:00 am	CYCLE ⌚ 6:30 - 7:15 pm		CYCLE ⌚ 9:15 - 10:00 am	

📍 **MAIN STUDIO**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HIIT CARDIO ⌚ 9:25 - 9:55 am	IRON REPS ⌚ 9:25 - 10:25 am	3 2 1 / CORE ⌚ 9:25 - 10:25 am	ZUMBA ⌚ 9:25 - 10:25 am	CARDIO SCULPT ⌚ 9:25 - 10:25 am	PILATES ⌚ 9:15 - 10:15 am	HIIT CARDIO / ABS & ARMS ⌚ 9:15 - 10:15 am
TOTAL BODY CONDITIONING ⌚ 10:00 - 11:00 am	BENDERBALL ⌚ 10:35 - 11:35 am	HATHA YOGA ⌚ 10:25 - 11:25 am	TOTAL BODY CONDITIONING ⌚ 5:30 - 6:30 pm	YOGA FOR RELAXATION ⌚ 11:15 am - 12:15 pm	ZUMBA ⌚ 10:45 - 11:45 am	ZUMBA ⌚ 10:30 - 11:30 am
HATHA YOGA ⌚ 11:15 am - 12:15 pm	IRON REPS ⌚ 5:30 - 6:30 pm	ZUMBA EXPRESS ⌚ 5:30 - 6:00 pm	ZUMBA ⌚ 6:35 - 7:35 pm			
ZUMBA ⌚ 5:45 - 6:45 pm	HATHA YOGA ⌚ 6:35 - 7:35 pm	3 2 1 ⌚ 6:00 - 6:30 pm				
YIN YANG YOGA ⌚ 6:35 - 7:35 pm		ZUMBA ⌚ 6:35 - 7:35 pm				

📍 **FLOOR**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GROUP CIRCUIT ⌚ 9:15 - 10:00 am		GROUP CIRCUIT ⌚ 9:15 - 10:00 am	TREAD & SHRED ⌚ 10:15 - 11:00 am	GROUP CIRCUIT ⌚ 9:15 - 10:00 am		

NOTE:

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⌚ Class Time

📍 CYCLE STUDIO

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

📍 MAIN STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BODYBLAST ⌚ 9:15 - 10:00 am	BENDER BARRE ⌚ 9:15 - 10:15 am	TOTAL BODY CONDITIONING ⌚ 10:15 - 11:15 am	MEDBALL BOOTCAMP ⌚ 9:15 - 10:15 am	ADRENALINE ⌚ 9:15 - 10:05 am	TOTAL BODY CONDITIONING ⌚ 10:30 - 11:30 am	3 2 1 / CORE ⌚ 9:30 - 10:30 am
IRON REPS ⌚ 10:15 - 11:15 am	HIIT CARDIO ⌚ 5:15 - 5:45 pm	ZUMBA ⌚ 5:30 - 6:30 pm	BOLLYX ⌚ 5:30 - 6:30 pm			
ADRENALINE ⌚ 6:30 - 7:30 pm	3 2 1 ⌚ 5:45 - 6:15 pm		TOTAL BODY CONDITIONING ⌚ 6:35 - 7:35 pm			
	IRON REPS ⌚ 6:30 - 7:30 pm					

📍 MIND/BODY STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YIN YOGA ⌚ 5:30 - 6:30 pm	HATHA YOGA ⌚ 10:30 - 11:30 am	YOGA FOR STRENGTH ⌚ 6:35 - 7:35 pm	FLOW YOGA ⌚ 10:30 - 11:30 am	BARRE ⌚ 10:15 - 11:00 am		HATHA YOGA ⌚ 10:30 - 11:30 am
	BARRE ⌚ 5:30 - 6:15 pm		FLOW YOGA ⌚ 6:00 - 7:00 pm *Starts Sept 5			

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⌚ Class Time