

# GROUP FITNESS SCHEDULE

50 Steelcase Road East  
Markham, ON L3R 1E8  
(905) 475-0350

LEGEND:  Spin Studio  Mind Body Studio  Group Exercise Studio  Ignite Fitness Series  Re-Ignite Fitness Series

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	6:10-7 AM CYCLE <i>David</i>	6:45-7:45 AM GROUP POWER <i>Sarah</i>	6:45-7:45 AM ZONE CYCLE <i>Sarah</i>	6:45-7:45 AM THE TRX BURN <i>Sarah</i>	6:45-7:45 AM ZONE CYCLE <i>Devra</i>		
	7:05- 8 AM CYCLE <i>David</i>	7-8 AM HATHA YOGA <i>Sharon</i>		7-8 AM HATHA YOGA <i>Parul</i>	6:45-7:45 AM CARDIO MIX <i>Lora</i>	7:30-9 AM ULTRA ZONE CYCLE <i>Sarah</i>	8-9:30 AM ULTRA YOGA <i>Tracey</i>
	7-8 AM PILATES <i>Sofia</i>	8-8:45 AM MORNING STRETCH <i>Rachel</i>	8-8:45 AM THE SPARK <i>Jared</i>	8-8:45 AM MORNING STRETCH <i>Rosie</i>	7-8 AM HATHA YOGA <i>Jessie</i>	8-9 AM YOGA <i>Marjean</i>	8-8:45AM CYCLE POWER (cycle) <i>David</i>
	8-8:45 AM THE SPARK <i>Devra</i>	9:30-10:45AM LOW SCULPT BARRE <i>Rosie</i>	9:30-10:30 AM DANCE PARTY <i>AI</i>	9:30-10:45AM THE TRX BURN <i>Rosie</i>	8-8:45 AM THE SPARK <i>Carmela</i>	9-10 AM YOGA <i>Marjean</i>	8:45-9:30AM CYCLE POWER (group power) <i>David</i>
	9:30-10:30 AM DANCE CIRCUIT <i>Rachel</i>		9:30-10:30 AM CYCLE <i>Devra</i>	9:30-10:15 AM YOGO (cycle) <i>David</i>	9:30-10:30 AM STEP <i>Carmela</i>	9-10 AM MOBILITY TRAINING <i>Rachel N</i>	9:30-10AM THE SPARK <i>David N</i>
	10:30-11:30 AM BARRE FUSION <i>Rachel</i>		10:30-11:30 AM FLOW PILATES <i>Sofia</i>	10:15-11 AM YOGO (yoga) <i>David</i>	10:30-11:30 AM PILATES <i>Carmela</i>	10-11:30 AM MASTER FIT <i>Rachel N</i>	10-11 AM CYCLE <i>David</i>
	11:30 AM-12:30 PM AERO STEP <i>Rachel</i>	11:30 AM-12:30 PM CYCLE <i>Wendy</i>		11:30 AM-12:30 PM CYCLE <i>Amy</i>	10:30-11:30 AM DANCE PARTY <i>AI</i>	10-11 AM ZONE CYCLE <i>Sarah N</i>	10-11 AM BARRE FUSION <i>Michael</i>
			12:15-1:15 PM MEDITATION <i>Luke</i>	11:30 AM-12:30 PM BARRE FUSION <i>Rachel - trial</i>		11-12 AM ZUMBA <i>Linda</i>	
AFTERNOON	12:15-1:15 PM HATHA YOGA <i>Connor</i>	12:30-1:30 PM GROUP POWER <i>Devra</i>	12:15-1:15 PM HATHA YOGA <i>Connor</i>	12:30-1:30 PM GROUP POWER <i>Amy</i>	12:30-1:30PM YOGA <i>Marjean</i>	11:30-12:30 PM THE BURN <i>Rachel</i>	11:30-12:30 PM YOGA <i>Sharon</i>
	1:30-2:30 PM POWER YOGA <i>Connor</i>		1:30-2:30 PM POWER YOGA <i>Connor</i>			1:30-2:30PM YOGA <i>Connor</i>	
EVENING			4:30-5:30 PM HIP HOP <i>Rachel</i>			2:30-3:30PM YOGA <i>Connor</i>	
	5-5:30 PM SPARK <i>Carmela</i>	5-6 PM YOGA <i>Marjean</i>		5-6 PM YOGA <i>Sharon</i>			
	5:30-6:30 PM PILATES <i>Carmela</i>						
	5:30-6:30 PM BODY ROW <i>Luke</i>	5:30-6:30 PM GROUP POWER <i>Devra</i>	5:30-6:30 PM HI LOW TRX <i>Rachel</i>	5:30-6:30 PM SO YOU THINK YOU CAN DANCE <i>Rachel</i>			
	5:30-6:20 PM ZONE CYCLE <i>Jared</i>		5:30-6:20 PM CYCLE FIT <i>David</i>	5:30-6:20 PM ZONE CYCLE <i>Jared</i>	5:30 - 6:15PM YOGO (cycle) <i>David</i>		
	6:35-7:35 PM BARRE FUSION <i>Carmela</i>	6:35-7:35 PM ZUMBA <i>Venessa</i>	6:35-7:35 PM GROUP POWER <i>David</i>	6:35 - 7:35 PM BODY BATTLE <i>Rachel</i>	6:15PM-7:00PM YOGO (yoga) <i>David</i>		
	6:30-7:30PM KUNDALINI YOGA <i>Marjean</i>		6:30-7:30 PM HATHA YOGA <i>Connor</i>				
	7:35 - 8:35 PM BOXING <i>Will</i>	7:35 - 8:35 PM BODY BATTLE <i>Will</i>	7:35 - 8:35 PM BOXING <i>Will</i>				
	7:30-8:30 PM YOGA <i>Marjean</i>	7:30-8:30 PM MINDFUL YOGA <i>Tracey</i>	7:30-8:30 PM DYNAMIC YOGA <i>Connor</i>	7-8:30 PM ULTRA YOGA <i>Marjean</i>			

Mayfair Clubs Management reserves the right to review and revise group fitness class schedule according to participation.  
Group fitness schedule may also be viewed on-line at: [www.mayfairclubs.com/fitness](http://www.mayfairclubs.com/fitness).