

GROUP FITNESS SCHEDULE

160 Esna Park Drive
Markham, ON L3R 1E3
(905) 475-8833

LEGEND: Spin/Group Exercise Studio Mind Body Studio

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING/AFTERNOON	9-10AM YOGA <i>Connor</i>		9-10AM YOGA <i>Connor</i>		9-10AM YOGA <i>Jessie</i>		
	10-11AM YOGA <i>Connor</i>		10-11AM YOGA <i>Connor</i>		10-11AM YOGA <i>Jessie</i>		
	11:10-11:55AM UPPER BODY & ABS <i>Amy</i>		11:10-11:55AM UPPER BODY & ABS <i>Wendy</i>		11:10-11:55AM UPPER BODY & ABS <i>Jessie</i>		
	12-1PM ATHLETIC CYCLE <i>Amy</i>	12-1PM ZUMBA <i>Rosie</i>	12-1PM ATHLETIC CYCLE <i>Wendy</i>	12-1PM TAI CHI <i>Jim</i>	12-1PM ATHLETIC CYCLE <i>Ron</i>		
		1:30-3PM ATHLETIC YOGA (90 Mins) <i>David N.</i>			1-2PM ATHLETIC YOGA <i>David</i>		
EVENING			5-6PM HATHA YOGA <i>Connor</i>				
	6:30-7:30PM HATHA YOGA <i>Connor</i>	6-7PM PILATES FLOW <i>Sofia</i>		6-7PM HATHA YOGA <i>Connor</i>			
	7:30-8:30PM POWER YOGA <i>Connor</i>						

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