

GROUP FITNESS SCHEDULE

3855 Chesswood Drive
Downsview, ON M3J 2P6
(416) 638-1010

Effective October 5, 2015

LEGEND: Downstairs Studio Upstairs Studio Ignite Group Fitness Series Re-Ignite Fitness Series

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	6:15 - 7:15 AM GROUP POWER <i>Bonnie</i>	6:10 - 6:55 AM ZONE CYCLE <i>David S</i>	6:15 - 7:15 AM CARDIO EXPRESS <i>Gayle</i>	6:10 - 6:55 AM CYCLE FIT <i>David S</i>	6:15 - 7:05 AM ZONE CYCLE <i>David N</i>		
	6:15 - 7:15 AM BOXING BOOTCAMP <i>Antonio</i>			6:15 - 7:15 AM YIN YOGA <i>Gillia - Upstairs</i>	6:15 - 7:15 AM BOXING BOOTCAMP <i>Antonio</i>		
				7:00 - 8:00 AM CYCLE FIT <i>David S</i>	7:10 - 8:10 AM CYCLE FIT <i>David N</i>		
	9:15 - 10 AM CYCLE FIT <i>Melissa</i>	9:15 - 10 AM RHYTHM RIDE <i>Shira</i>	9:15 - 10 AM ZONE CYCLE <i>Colleen</i>	9:15 - 10 AM RHYTHM RIDE <i>Shira</i>	8 - 9 AM GROUP POWER <i>David N</i>	8 - 9:30 AM CYCLE FIT <i>Kerry</i>	
	9 - 10 AM BARRE FUSION <i>Victoria</i>	9 - 10 AM BALLET BARRE <i>Clarisse</i>	9 - 10 AM ASHTANGA FLOW <i>Sharon</i>	9 - 10 AM CHAIN REACTION <i>Joanna - Gym</i>	9 - 10 AM ABSOLUTE YOGA <i>Sharon</i>	9:30 - 10:30 AM HATHA YOGA <i>Connor</i>	8:30 - 10AM ULTRA CYCLE <i>Michael</i>
	9 - 10 AM CHAIN REACTION <i>Kerry - Gym</i>	9 - 10 AM BODY ROW <i>Colleen</i>	9:30 - 10:30 AM BOXING BOOTCAMP <i>Antonio - Gym</i>	9 - 10 AM THE BURN <i>Clarisse - Upstairs</i>	9 - 10 AM GROUP POWER <i>David N</i>	9:30 - 10:30 AM ZONE CYCLE <i>Victoria</i>	10 - 11 AM ZONE CYCLE <i>Michael</i>
	10 - 11 AM POWER YOGA <i>Victoria</i>	10:05 - 11:05 AM GROUP POWER <i>Colleen</i>	10:05 - 11 AM CYCLE FIT <i>Victoria</i>	10:05 - 11:05 AM STABILITY BALL CHALLENGE <i>Clarisse</i>	10 - 11 AM ZUMBA <i>Rosie</i>	10:30 - 11:30 AM ASHTANGA FLOW <i>Victoria</i>	10 - 11 AM HATHA/VINYASA YOGA <i>Gillian</i>
		10 - 11 AM FUSION <i>Clarisse</i>	10 - 11 AM BURN ON THE BALL <i>Joanna - Upstairs</i>	10 - 11 AM BARRE FUSION <i>Victoria</i>	10 - 11 AM ZONE CYCLE <i>David N</i>	10:30 - 11:30 AM COMBUSTION <i>Kerry Lob. - Downstairs</i>	11 - 12 PM GROUP POWER <i>Bonnie</i>
		11:05 - 12:05 PM CYCLE YOGA <i>Victoria</i>	11 - 12 PM TRX BOOTCAMP <i>Colleen - Gym</i>			11:30 - 12:30 PM BOXING BOOTCAMP <i>Antonio -Upstairs</i>	
		11 - 12 PM POWER BALL PILATES <i>Clarisse</i>	11 - 12 PM HATHA YOGA <i>Marjean</i>	11 - 12 PM POWER BALL PILATES <i>Clarisse</i>	11 - 12 PM ASHTANGA FLOW <i>David N</i>	11:30 - 12:30 PM ZUMBA <i>Linda</i>	
AFTERNOON	12 - 1 PM TAI CHI <i>Jim</i>	12 - 1 PM POWER YOGA <i>Connor</i>		12 - 1 PM HATHA YOGA <i>Connor</i>			
		12:15 - 12:45 LUNCH CRUNCH <i>Al</i>		12:15 - 12:45 PM LUNCH CRUNCH <i>Al</i>			
	1 - 2 PM ASHTANGA FLOW <i>Victoria</i>	1 - 2 PM HATHA YOGA <i>Connor</i>		1 - 2 PM POWER YOGA <i>Connor</i>			
EVENING	5:30 - 6:30 PM BODY BATTLE <i>Kerry - Gym</i>	5:30 - 6 PM THE SPARK <i>David N - Downstairs</i>	5:30 - 6:30 PM ZUMBA <i>Vanessa</i>	5:30 - 6:30 PM TRX BOOTCAMP <i>Katya - Gym</i>			
	6 - 7:30 PM CYCLE YOGA (yoga) <i>Victoria</i>	6 - 7:30 PM YOGO <i>David N</i>	6 - 7:30 PM CYCLE POWER <i>Sarah</i>	6 - 7 PM CYCLE FIT <i>David S</i>			
	6:30 - 7:30 PM PILATES with PROPS <i>Kerry Lob</i>	6:30 - 7:30 PM BODY ROW <i>Kerry Lob - Gym</i>	7:05 - 7:45 PM THE GAME <i>Shontelle - Multi Gym</i>	6:30 - 7:30 PM BODY BATTLE <i>Victoria - Gym</i>			
				6:30 - 7:30 PM JOCK YOGA <i>Jess D - Upstairs</i>			
	7:30 - 8:30 PM BOXING BOOTCAMP <i>Antonio</i>	7:15 - 8:15 PM HATHA YOGA <i>Marjean</i>	7:30 - 8:30 AM BOXING BOOTCAMP <i>Antonio</i>	7:30 - 8:30 AM RESTORATIVE YOGA <i>Jess D - Upstairs</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