

GROUP FITNESS SCHEDULE

801 Lake Shore Blvd. E.
Toronto, ON M4M 1A9
(416) 466-3777

EFFECTIVE: October 15th

LEGEND: Cycle Fit Studio Mind Body Studio Group Exercise Studio Ignite Fitness Studio New Class

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	6:30 - 7:20 AM CYCLE FIT <i>Edgars</i>	6:30 - 7:20 AM CYCLE FIT <i>Bruce</i>	6:30 - 7:20 AM CYCLE FIT <i>Edgars</i>	6 - 7 AM CAVEMAN CIRCUIT <i>Jason</i>	6:30 - 7:20 AM CYCLE FIT <i>Bruce</i>		
		6:45 - 7:45 AM THE BURN <i>Jen</i>		6:30 - 7:20 AM CYCLE FIT <i>Deirdre</i>	6:30 - 7:30 AM RESTORATIVE FLOW <i>Shareen</i>	7:10 - 8 AM CYCLE FIT <i>David</i>	7:30 - 9 AM ULTRA CYCLE <i>Deirdre</i>
	7 - 8 AM HATHA all levels <i>Angela</i>	7 - 8 AM ATHLETIC YOGA <i>David N</i>		6:45 - 7:45 AM GROUP POWER <i>Sandy</i>		8 - 9 AM GROUP POWER <i>David N</i>	8 - 9 AM GROUP POWER <i>Laura M/ Rob</i>
	8:30 - 9:20 AM CYCLE FIT <i>James</i>	8:30 - 9:15 AM YOGO (Spin) <i>David N</i>	9:30 - 10:30 AM BODY SCULPT <i>Jen</i>	7 - 8:15 AM HATHA all levels <i>Lynn</i>		9 - 9:50 AM CYCLE FIT <i>David N</i>	9 - 9:50 AM CYCLE FIT <i>Anne</i>
	9:30 - 10:20 AM CYCLE FIT <i>James</i>	9:20 - 10:05 AM YOGO (Yoga) <i>David (Multi-gym)</i>	9:25-10:25AM JOCK YOGA <i>Jacqui</i>	8:30 - 9:20 AM HR MONITOR TRAINING <i>Sandy</i>	9:15 - 10:15 AM BARRE CLASS <i>Alwynn</i>	9 - 10 AM BOOTCAMP <i>Petra/Taanis</i>	9 - 10 AM ZUMBA <i>Marissa</i>
	9:30 - 10:30 AM CARDIO MIX <i>Al</i>	9:30 - 10:30 AM GROUP POWER <i>Johannah</i>	9:30 - 10:15 AM YOGO (Cycle) <i>David</i>	9:30 - 10:20 AM CYCLE FIT <i>Sandy</i>	9:30 - 10:15 AM CYCLE POWER (cycle) <i>Sabine</i>	9 - 10 AM PILATES W Props <i>Amy</i>	9 - 10 AM HATHA all levels <i>Martine</i>
	9:30 - 10:30 AM HATHA all levels <i>Elizabeth</i>	9:30 - 10:30 AM FUSION w/ props <i>Alwynn</i>	10:20 - 11:05 AM YOGO (Yoga) <i>David (Multi-Gym)</i>	9:30 - 10:30 AM JOCK YOGA <i>Sal</i>		10 - 10:50 AM CYCLE FIT <i>Ron</i>	10 - 10:45 AM THE SPARK <i>Anne</i>
	10:30 - 11:15 AM THE SPARK <i>Taanis</i>	10:45 - 11:30 AM BARRE CLASS <i>Alwynn</i>		9:30 - 10:30 AM TABATA BOOTCAMP <i>Robert</i>	10:15 - 11:10 AM CYCLE POWER (group power) <i>Sabine</i>	10 - 11 AM ZUMBA <i>Marissa</i>	
	10:45 - 11:45 AM HATHA all levels <i>Peggy</i>	10:35 - 11:55 AM RESTORATIVE YOGA <i>Lynn</i>	10:30 - 11:30 AM HATHA all levels <i>Lynn</i>	10:30 - 11:30 AM FUNCTIONAL CORE <i>Robert</i>	10:45 - 11:45 AM PILATES w/ props <i>Laura</i>	10 - 11:30 AM ASHTANGA (int) <i>Shareen</i>	10:30 - 11:30 AM FAMILY YOGA <i>Glory</i>
	12:30 - 1:20 PM CYCLE FIT <i>Wendy</i>			12 - 1 PM ATHLETIC YOGA <i>David N</i>	12:30 - 1:20 PM CYCLE FIT <i>Johannah</i>	11:45 - 12:45 PM VINYASA all levels <i>Shareen</i>	12 - 1 PM POWER YOGA <i>Elizabeth</i>
12:30 - 1:30 PM THE BURN <i>Robin</i>	12:30 - 1:30 PM STEP N' PUMP <i>Jen</i>	12:30 - 1:30 PM THE BURN <i>Sarah</i>		12:30 - 1:30 PM CARDIO MIX <i>Taanis</i>	12 - 1 PM CAVEMAN CIRCUIT <i>Jason</i>		
					1 - 2:30 PM RESTORATIVE YOGA <i>Angela</i>	3 - 3:45 PM CYCLE POWER (cycle) <i>David N</i>	
5 - 5:45 PM CYCLE POWER (cycle) <i>Johannah</i>	5-6PM JOCK YOGA <i>Sal</i>	5 - 5:50 PM CYCLE FIT <i>Johannah</i>	5 - 6:30 PM VINYASA FLOW all levels <i>Jacqui</i>	5 - 6 PM HATHA all levels <i>Lynn</i>	2:35 - 4:05 PM RESTORATIVE YOGA <i>Angela</i>	3:50 - 4:35 PM CYCLE POWER (group power) <i>David N</i>	
5:50 - 6:35 PM CYCLE POWER (group power) <i>Johannah</i>			5 - 5:45 PM CYCLE POWER (cycle) <i>David N</i>	5:30 - 6:30 PM CAVEMAN CYCLE <i>Jason and Wendy</i>	4:15 - 5:15PM MEDITATION CLASS <i>Silvia (\$12/class)</i>	4:35 - 5:35 PM ATHLETIC RESTORATIVE YOGA <i>David N</i>	
6 - 6:50 PM CYCLE FIT <i>Wendy</i>	6 - 7:30 PM ULTRA CYCLE <i>Wendy</i>	6 - 7PM GROUP POWER <i>Johannah</i>	5:50 - 6:35 PM CYCLE POWER (group power) <i>David N</i>				
6 - 7 PM HATHA VIGOROUS <i>Angela</i>	6 - 7:30 PM ASHTANGA (int) <i>Shareen</i>	6 - 7 PM HATHA all levels <i>Angela</i>	6 - 6:50 PM CYCLE FIT <i>Sabine</i>				
7:30 - 8:30 PM HATHA GENTLE <i>Glory</i>			6:30 - 7:30 PM HATHA all levels <i>Glory</i>				
8 - 9 PM JOCK YOGA <i>Jacqui</i>	7:30 - 8:30PM HATHA FLOW <i>Glory</i>	7:30 - 8:30 PM HATHA all levels <i>Elizabeth</i>	7:30 - 8:30 PM ATHLETIC YOGA <i>David N</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