

GROUP EXERCISE SCHEDULE

COVID CLASSES

MONDAY

TUESDAY




WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

			5:30 - 6:30 a.m. Wake Up Call! Pilar		8:00 - 9:00 a.m. <i>SPINNING</i> Pilar	
10:00 - 11:00 a.m. YOGA Jinevra	9:00 - 10:00 a.m.  ZUMBA Anjee	10:00 - 11:00 a.m. AQUA-JOG Annie	9:00 - 10:00 a.m.  ZUMBA Anjee	10:00 - 11:00 a.m. AQUA-JOG Annie	9:00 - 10:00 a.m. <i>Step & Sculpt</i> Tami	
12:00 - 1:00 p.m. YOGA Jinevra	10:15 - 11:15 a.m. Mindful Movements Patti	12:00 - 1:00 p.m. YOGA Jinevra	10:15 - 11:15 a.m. <i>Pilates</i> Patti	12:00 - 1:00 p.m. YOGA Jinevra	11:00 - 12:00 p.m. YOGA Nagina	
			12:00 - 1:00 p.m. YOGA Bruce			
5:30 - 6:30 p.m. <i>Pilates</i> Melissa	5:45 - 6:45 p.m. Cardio Combo Tami	4:00 - 5:00 p.m. <i>Pilates</i> Melissa				
6:30 - 7:30 p.m. SPINNING Pilar		6:30 - 7:30 p.m. SPINNING Pilar	6:30 - 7:30 p.m. SPINNING Pilar			

Lakeridge Athletic Club

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