Oct 2020 CLASS SCHEDULE (Virtual/In Studio)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
\sim \sim	OVER 50 C	Classes a week!!	9:00am Zumba with Tara	9:00am Barre with Sally	8:00am TRX with Sue	9:00am Pilates Prymid with Tannis
		Join us	10:15am Barre S N' S with Tara	9:00am JIP Yoga with Tanya	9:00am Zumba Lo-Impact with	9:15am Soul Ryde with Pete
>oul.			10:30am SLOW Ryde with Cydney	10:30am SLOW Ryde with Sarah	9:15pm Ryde with Sareena	10:15am Zumba with Sareena
STUDIO	I	n-Studio	12:10pm Pop Pilates with Tannis	12:10pm Bikram Yoga with Tannis	10:30am Barre with Caitlin	
maye, connect be	Plana	/irtually	4:15pm TRX with Sarah			1
		Demand	5:15pm Soul Ryde with Sarah			
	OI.	Demand	,			
5	6	7	8	9	10	11
6:00am Vinyasa Flow with Ashley	6:00am TRX with Robynne	6:00am Ryde with Pete	6:00am TRX with Sue	6:00am Ryde with Ashlea	7:45am Vinyasa Flow with Ashley	9:00am Pilates Prymid with Tannis
9:00am Pound Low Impact w/ Stacey	9:00am Pop Pilates with Sally	7:00am Barre with Ashlea	9:00am Zumba with Tara	9:00am Barre with Sally	9:00am Zumba Low Impact with Amie	9:15am Barre with Sally
9:15am Ryde with Amie	10:15am Gentle Yoga with Pam	9:00am Cardio Barre with Tara	9:15am SLOW Ryde with Cydney	9:00am JIP Yoga with Tanya	9:15am Ryde with Sareena	9:15am Tabata Ryde with Fraser
10:15am Strength 30 with Sally	12:10pm Soul Ryde with Sareena	9:00am Yoga Conditioning w/ Tanya	10:15am Barre S N' S with Tara	10:30am SLOW Ryde with Sarah	10:30am Barre with Ashlea	10:15am Zumba with Sareena
12:10pm Barre S N' S with Tara	4:15pm SLOW Ryde with Cydney	10:00am Resotrative Yoga w/ Tanya	12:10 Soul Ryde with Sareena	12:10pm Hatha 26 with Tannis		4:00pm Power Yoga with Cheyenne
4:15pm TRX with Sarah	5:00pm Cardio Barre with Tara	4:15pm TRX hardCORE with Amie	12:10 Pilates Pyramid with Tannis	5:15pm Ryde with Amie		
5:15pm Ryde with Sarah	5:15pm Pilates Pyramid with Tannis	5:15pm Ryde with Amie	4:15pm TRX with Sarah	5:45pm Dance It Out with Stacey	7	
6:00pm Pound with Stacey	6:00pm Zumba with Hannah	5:30pm Pound with Jenn	5:15pm Soul Ryde with Sarah		7	
6:15 Ryde with Sara	7:00pm Yin Yoga with Tanya	Ĺ	6:15pm Tabata Ryde with Fraser			
7:00pm Barre with Tara		1	6:00pm Yoga Conditioning with Tanya			
	-		7:00pm Yin Yoga with Tanya	1		
12	13	14	15	16	17	18
6:00am Vinyasa Flow with Ashley	6:00am TRX with Robynne	6:00am Ryde with Pete	6:00am TRX with Sue	6:00am Ryde with Ashlea	7:45am Vinyasa Flow with Ashley	9:00am Pilates Prymid with Tannis
9:00am Pound Low Impact w/ Stacey	9:00am Pop Pilates with Sally	7:00am Barre with Ashlea	9:00am Zumba with Tara	9:00am Barre with Sally	9:00am Zumba Low Impact with Amie	9:15am Barre with Caitlin
9:15am Ryde with Amie	10:15am Gentle Yoga with Pam	9:00am Cardio Barre with Tara	9:15am SLOW Ryde with Cydney	9:00am JIP Yoga with Tanya	9:15am Ryde with Sareena	9:15am Ryde with Pete
10:15am Strength 30 with Sally	12:10pm Soul Ryde with Sareena	9:00am Yoga Conditioning w/ Tanya	10:15am Barre S N' S with Tara	10:30am SLOW Ryde with Sarah	10:30am Barre with Tannis	10:15am Zumba with Sareena
12:10pm Barre S N' S with Tara	4:15pm SLOW Ryde with Cydney	10:00am Resotrative Yoga w/ Tanya	12:10 Soul Ryde with Amie	12:10pm Hatha 26 with Tannis	201000111 David Williams	4:00pm Power Yoga with Jenna
4:15pm TRX with Sarah	5:00pm Cardio Barre with Tara	4:15pm TRX hardCORE with Amie	12:10 Pilates Pyramid with Tannis	5:15pm Ryde with Sara		noopiii one. Toga min semia
5:15pm Ryde with Sarah	5:15pm Pilates Pyramid with Tannis	5:15pm Ryde with Amie	4:15pm TRX with Sarah	5:45pm Hip Hop with Sarah	7	
6:00pm BollyX with Sareena	6:00pm Zumba with Hannah	5:30pm Pound with Jenn	5:15pm Soul Ryde with Sarah	5.45pm hip hop with sarah	╡	
6:15 Ryde with Sara	7:00pm Yin Yoga with Tanya	5.50pm r dana with seim	6:15pm Tabata Ryde with Fraser			
7:00pm Barre with Ashlea	7.00piii fiii foga witii faliya	+	6:00pm Yoga Conditioning with Tanya	-		
7.00pm Barre with Ashlea	-		7:00pm Yin Yoga with Tanya	-		
19	20	21	22	23	24	25
6:00am Vinyasa Flow with Ashley	6:00am TRX with Robynne	6:00am Ryde with Pete	6:00am TRX with Sue	6:00am Ryde with Ashlea	7:45am Vinyasa Flow with Ashley	9:00am Pilates Prymid with Tannis
9:00am Pound Low Impact w/ Stacey	9:00am Pop Pilates with Sally	7:00am Barre with Ashlea	9:00am Zumba with Tara	9:00am Barre with Sally	9:00am Zumba Low Impact with Amie	9:15am Barre with Ashlea
9:15am Ryde with Amie	10:15am Gentle Yoga with Pam	9:00am Cardio Barre with Tara	9:15am SLOW Ryde with Cydney	9:00am JIP Yoga with Tanya	9:15am Ryde with Sareena	9:15am Tabata Ryde with Fraser
10:15am Strength 30 with Sally	12:10pm Soul Ryde with Sareena	9:00am Yoga Conditioning w/ Tanya	10:15am Barre S N' S with Tara	10:30am SLOW Ryde with Sarah	10:30am Barre with Tara	10:15am Zumba with Sareena
12:10pm Barre S N' S with Tara	4:15pm SLOW Ryde with Cydney	10:00am Resotrative Yoga w/ Tanya	12:10 Soul Ryde with Sareena	12:10pm Hatha 26 with Tannis	10.30am Barre With Tara	4:00pm Power Yoga with Cheyenne
			12:10 Sour Ryde With Sareena 12:10 Pilates Pyramid with Tannis			4.00pm Power Toga with Cheyenne
4:15pm TRX with Sarah	5:00pm Cardio Barre with Tara 5:15pm Pilates Pyramid with Tannis	4:15pm TRX hardCORE with Amie 5:15pm Rvde with Amie	4:15pm TRX with Sarah	5:15pm Ryde Sareena	7	
5:15pm Ryde with Sarah 6:00pm Pound with Stacey	6:00pm Zumba with Hannah	5:30pm Pound with Jenn	5:15pm Soul Ryde with Sarah	5:45pm Adult Ballet with Tannis	-	
		5.50pm Pound with Jenn	'	-		
6:15 Ryde with Sara	7:00pm Yin Yoga with Tanya	-	6:15pm Tabata Ryde with Fraser 6:00pm Yoga Conditioning with Tanya			
7:00pm Barre with Tara	-			_		
26	27	28	7:00pm Yin Yoga with Tanya	30	31	
6:00am Vinyasa Flow with Ashley	6:00am TRX with Robynne	6:00am Ryde with Pete	6:00am TRX with Sue	6:00am Ryde with Ashlea		-
o.ooani viiiyasa i low witti Asilley	9:00am Pop Pilates with Sally	7:00am Barre with Ashlea	9:00am Zumba with Tara	9:00am Barre with Sally	7:45am Vinyasa Flow with Ashley 9:00am Zumba Low Impact with Amie	1
0.00 0	9:00am Pop Phates with Sany				·	
9:00am Pound Low Impact w/ Stacey	10.1Fam Cantle Vaga with Dam		9:15am SLOW Ryde with Cydney	9:00am JIP Yoga with Tanya	9:15am Ryde with Sareena	
9:15am Ryde with Amie	10:15am Gentle Yoga with Pam	9:00am Cardio Barre with Tara		10.20am SLOW/ Buda with Sarah	10:20am Barro with Cailtin	
9:15am Ryde with Amie 10:15am Strength 30 with Sally	12:10pm Soul Ryde with Sareena	9:00am Yoga Conditioning w/ Tanya	10:15am Barre S N' S with Tara	10:30am SLOW Ryde with Sarah	10:30am Barre with Cailtin	_
9:15am Ryde with Amie 10:15am Strength 30 with Sally 12:10pm Barre S N' S with Tara	12:10pm Soul Ryde with Sareena 4:15pm SLOW Ryde with Cydney	9:00am Yoga Conditioning w/ Tanya 10:00am Resotrative Yoga w/ Tanya	10:15am Barre S N' S with Tara 12:10 Soul Ryde with Amie	12:10pm Hatha 26 with Tannis	10:30am Barre with Cailtin	_
9:15am Ryde with Amie 10:15am Strength 30 with Sally 12:10pm Barre S N' S with Tara 4:15pm TRX with Sarah	12:10pm Soul Ryde with Sareena 4:15pm SLOW Ryde with Cydney 5:00pm Cardio Barre with Tara	9:00am Yoga Conditioning w/ Tanya 10:00am Resotrative Yoga w/ Tanya 4:15pm TRX hardCORE with Amie	10:15am Barre S N' S with Tara 12:10 Soul Ryde with Amie 12:10 Pilates Pyramid with Tannis	12:10pm Hatha 26 with Tannis 5:15pm Ryde with Sarah	10:30am Barre with Cailtin	IN STUDIO/VIRTUAL CLASSES
9:15am Ryde with Amie 10:15am Strength 30 with Sally 12:10pm Barre S N' S with Tara 4:15pm TRX with Sarah 5:15pm Ryde with Sarah	12:10pm Soul Ryde with Sareena 4:15pm SLOW Ryde with Cydney 5:00pm Cardio Barre with Tara 5:15pm Pilates Pyramid with Tannis	9:00am Yoga Conditioning w/ Tanya 10:00am Resotrative Yoga w/ Tanya 4:15pm TRX hardCORE with Amie 5:15pm Ryde with Amie	10:15am Barre S N' S with Tara 12:10 Soul Ryde with Amie 12:10 Pilates Pyramid with Tannis 4:15pm TRX with Sarah	12:10pm Hatha 26 with Tannis	10:30am Barre with Cailtin	RYDE IN STUDIO/VIRTUAL CLASSES
9:15am Ryde with Amie 10:15am Strength 30 with Sally 12:10pm Barre S N' S with Tara 4:15pm TRX with Sarah 5:15pm Ryde with Sarah 6:00pm BollyX with Sareena	12:10pm Soul Ryde with Sareena 4:15pm SLOW Ryde with Cydney 5:00pm Cardio Barre with Tara 5:15pm Pilates Pyramid with Tannis 6:00pm Zumba with Hannah	9:00am Yoga Conditioning w/ Tanya 10:00am Resotrative Yoga w/ Tanya 4:15pm TRX hardCORE with Amie	10:15am Barre S N' S with Tara 12:10 Soul Ryde with Amie 12:10 Pilates Pyramid with Tannis 4:15pm TRX with Sarah 5:15pm Soul Ryde with Sarah	12:10pm Hatha 26 with Tannis 5:15pm Ryde with Sarah	10:30am Barre with Cailtin	RYDE IN STUDIO/VIRTUAL CLASSES IN STUDIO ONLY CLASSES
9:15am Ryde with Amie 10:15am Strength 30 with Sally 12:10pm Barre S N' S with Tara 4:15pm TRX with Sarah 5:15pm Ryde with Sarah 6:00pm BollyX with Sareena 6:15 Ryde with Sara	12:10pm Soul Ryde with Sareena 4:15pm SLOW Ryde with Cydney 5:00pm Cardio Barre with Tara 5:15pm Pilates Pyramid with Tannis	9:00am Yoga Conditioning w/ Tanya 10:00am Resotrative Yoga w/ Tanya 4:15pm TRX hardCORE with Amie 5:15pm Ryde with Amie	10:15am Barre S N' S with Tara 12:10 Soul Ryde with Amie 12:10 Pilates Pyramid with Tannis 4:15pm TRX with Sarah 5:15pm Soul Ryde with Sarah 6:15pm Tabata Ryde with Fraser	12:10pm Hatha 26 with Tannis 5:15pm Ryde with Sarah	10:30am Barre with Cailtin	RYDE IN STUDIO/VIRTUAL CLASSES
9:15am Ryde with Amie 10:15am Strength 30 with Sally 12:10pm Barre S N' S with Tara 4:15pm TRX with Sarah 5:15pm Ryde with Sarah 6:00pm BollyX with Sareena	12:10pm Soul Ryde with Sareena 4:15pm SLOW Ryde with Cydney 5:00pm Cardio Barre with Tara 5:15pm Pilates Pyramid with Tannis 6:00pm Zumba with Hannah	9:00am Yoga Conditioning w/ Tanya 10:00am Resotrative Yoga w/ Tanya 4:15pm TRX hardCORE with Amie 5:15pm Ryde with Amie	10:15am Barre S N' S with Tara 12:10 Soul Ryde with Amie 12:10 Pilates Pyramid with Tannis 4:15pm TRX with Sarah 5:15pm Soul Ryde with Sarah	12:10pm Hatha 26 with Tannis 5:15pm Ryde with Sarah	10:30am Barre with Cailtin	RYDE IN STUDIO/VIRTUAL CLASSES IN STUDIO ONLY CLASSES