

Class Schedule 2018

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|---|--|---|--|-------------------------------------|
| 6:00 AM Functional Strength with Mario | 6:30 AM Spin with Claire | 6:00 AM Yoga for Athletes with Jessie | 6:30 AM Spin with JC | 6:00 AM Functional Strength with Mario | | |
| 9:30 AM Body Blast with Brad | 10:30 AM Pilates with Sandra | 9:30 AM Circuit Training with Dave | 9:15 AM Gentle Yoga with Julie | 9:30 AM Core Values with Bryan | 9:00 AM Yoga with Jenna | 10:00 AM Hot Yoga with Jessie |
| | | 5pm Functional Fitness with Matt | 10:30 AM Pilates with Sandra | | 10:00-1130 AM Cycle Fusion with Brad | |
| 5:00 PM Bootcamp with Mario | 5:00:00 PM Butt & Thighs with Bryan | 5:00 PM Cardio Box with Bryan | 5:15 PM Yoga Flow with Jessie | 5:00 PM Cardio Box with Bryan | 10:45 AM Habit Formation with Kaileigh | |
| 5:30 PM Spin with Terry / Joe | 6:00 PM Spin with Brad | 6:00 PM Spin with Mario | 6:15 PM Spin with Brenda | | | |
| 6:30 PM Spin with Steve | 6:00:00 PM Butt & Thighs with Bryan | 6:15 PM Pilates with Sandra | 6:30 PM Circuit Training with Dave | | | |
| 7:15 PM Yoga with Julie | | | | | | |

Sign-up Online @ energyfit.ca / Call: 905-708-0626 / Mind Body Connect smart phone app

HOURS: Monday – Friday 5am – midnight
Saturday 6:30am – 7pm, Sunday 6:30am – 6pm