

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30 am Body Blast with Denise	6:30 am Spin with Claire	6:00 am Yoga for Athletes with Jessie	6:30 am Spin with Claire	6:00 am Functional Strength with Mario		
			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
	10:30 am Pilates with Sandra		10:30 am Pilates with Sandra		10:00 am-11:30 am Cycle Fusion with Brad	
5:00 pm Bootcamp with Mario		5pm Cardio Box with Bryan				
6:00 pm Spin with Claire	5:00 pm Butt & Thighs with Bryan	6 pm Cardio Box with Bryan	5:15 pm Yoga Flow with Jessie	5:00 pm Cardio Box with Bryan		
6:00 pm TRX Core Shredder with Violet	5:30 pm – 7:00 pm Ride Guide with Brad	6pm Spin with Mario		5:30 pm Spin with Jason		
7:15 pm Yoga with Julie	6:00 pm Butt & Thighs with Bryan	6pm Functional Fitness with Matt	6:30 pm Pilates with Sandra	6:00 pm Butt & Thighs with Bryan		
	7:00pm Deadlift Techniques with Dave	7pm Mobility RX Yoga with Mike C	7pm Spin with Steve			

CLASS SCHEDULE ENERGY FITNESS STUDIO (Effective October 26, 2016)

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