



GroupFitness Schedule

Effective December 1, 2021

CORDATA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			MORNING MASH UP Heather 5:45-6:45 am		TBC Heather 5:45-6:45 am	
	TBC Tina 9:15-10:15 am	ZUMBA Cindy 9:15-10:15 am	TBC-HIIT Tina 9:15-10:15 am	YOGA Michal 9:30-10:45 am		ZUMBA Cindy 9:30-10:30 am
		PILATES Ursula 10:30-11:30 am			POWER PUMP Cindy 10:30-11:30 am	
	GST* Tiffany 12:00-12:45 pm					
	POWER PUMP Heather 5:30-6:30 pm		BOOTCAMP Tina 5:30-6:30 pm	BELLY DANCE Rachel 5:30-6:15 pm		

DOWNTOWN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		SPIN Melissa 6:15-7:00 am				
	STRONG & STABLE Lesley 8:30-9:30 am		STRONG & STABLE Lesley 8:30-9:30 am	PILATES Lesley 8:30-9:30 am		
					DANCE FITNESS Tina 9:00-10:00 am	
				SPIN Melissa 5:30-6:15 pm		