
















FITNESS SCHEDULE

Classes are first come first serve.
Classes run 40-50min
NOTE: Follow us on Instagram for all last minute changes.

All Classes located in Studio B on 2nd floor of Fitness Centre. Group Cycle Studio A.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:10PM - 12:50PM		 REP & SETS Kathleen	 PILATES ON THE BALL Elaine	 GENTLE YOGA & MEDITATION Sravani	
1:10PM - 1:50PM		 BOOTY & CORE Kathleen	 STRENGTH & CARDIO Kathleen		
Check each class time			 VINYASA YOGA 5:00pm - 5:50pm Sravani		
Check each class time	 ZUMBA 6:00pm - 6:50pm Melissa	 CIRCUIT TRAINING 6:00pm - 6:50pm Arnaldo	 DANCEFIT 6:15pm - 7:05pm Arnaldo		
Check each class time	 ZUMBA STRONG 7:00pm - 7:50pm Melissa	 STRENGTH & STRETCH 7:00pm - 7:50pm Arnaldo	 REPS & SETS 7:15pm - 8:05pm Arnaldo		
Schedule is available on our website.					

Schedule subject to change at anytime. Please check our Instagram for last minute subs, cancellations and changes. IG- @humberlakeshore_athletics

***Note There will be NO fitness classes scheduled for August. We will have a full schedule starting in September.**