



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
7:30AM-8:20AM		MOBILITY & STRETCH Jose	CIRCUIT TRAINING Jose	VINYASA YOGA Rose	
11:00AM-11:50AM		YOGA Elaine	WOMEN's Beginner STRENGTH & CARDIO Kathleen		GENTLE YOGA & MEDITATION Sravani
12:10PM - 12:50PM	YOGA Nathania	PILATES on the Ball Elaine	REP & SETS Kathleen	MOBILITY & STRETCH Summer	CIRCUIT TRAINING Jose
1:10PM - 1:50PM	STRENGTH & CARDIO Kathleen	BOOTY & CORE Kathleen	PILATES Susan	CYCLE & CORE Summer	MOBILITY & STRETCH Jose
2:00PM - 2:50PM	WOMEN's Beginner STRENGTH & CARDIO Kathleen		PILATES Balance & Stability Susan	WOMEN's Beginner STRENGTH & CARDIO Summer	
4:00PM-4:50PM		Intro to Strength Sessions 4:00pm-4:50pm Pre-registration Note: These sessions are run throughout semester. See descriptions for more details.			
Check each class exact start/end time	PILATES 5:30pm - 6:20pm Tiffanie	CYCLE & CORE 5:00pm - 5:50pm Summer	VINYASA YOGA 5:00pm - 5:50pm Nathania	YOGA 5:00pm - 5:50pm Sravani	
Check each class exact start/end time	ZUMBA & CORE 6:30pm - 7:20pm Melissa	CIRCUIT TRAINING 6:00pm - 6:50pm Summer	ISLAND ENERGY 6:00pm - 6:50pm Jaekel	ZUMBA 6:00pm - 6:50pm Monica	Schedule/ Descriptions available on our website.
Check each class exact start/end time	STRENGTH & STRETCH 7:30pm - 8:20pm Arnaldo	STRENGTH & STRETCH 7:00pm - 7:50pm Summer		STRENGTH & STRETCH 7:00pm - 7:50pm Summer	
Check each class exact start/end time	CORE & STRETCH 8:30pm - 9:00pm Arnaldo				

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

LATE ENTRY NOT PERMITTED: For your safety and out of respect for the instructor and fellow participants, late entry is not permitted once the class has started.