

GROUP FITNESS SCHEDULE

MORNING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9:30AM		9:30AM		10:30AM	9:00AM
	YOGA MARNEE		YOGA ANNIE		BOXING COACH LEO	YOGA YVONNE
10:00AM	10:00AM	10:00AM	10:00AM	10:00AM	9:30AM	
BOXING* COACH LEO	BOXING* COACH LEO	BOXING* COACH LEO	BOXING* COACH LEO	BOXING* COACH LEO	ZUMBA ADALILA	

EVENING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	5:25PM	5:30PM		5:30PM	
	ZUMBA ADALILA	ZUMBA ARI		ZUMBA ARI	
	8:00PM	8:00PM	8:00PM	6:00PM	
	KICKBOXING/ MUAH THAI* COACH KELVIN	KICKBOXING/ MUAH THAI* COACH KELVIN	KICKBOXING/ MUAH THAI* COACH KELVIN	BOXING COACH LEO	

No classes on long weekends

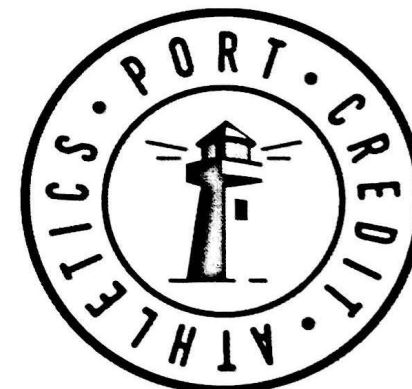
FOLLOW US ON SOCIAL MEDIA FOR ALL CLUB UPDATES  

* KICKBOXING/MUAH THAI (CLASSES AVAILABLE FOR A NOMINAL FEE\$) * For more boxing inquiries contact Coach Leo
& Boxing (416) 831 9965

CLUB HOURS

MONDAY - FRIDAY 6:00AM-10:00PM
SATURDAY 8:00AM-6:00PM
SUNDAY 8:00AM-6:00PM

**WE DON'T WANT TO BE THE CLUB
WITH THE MOST MEMBERS.
WE WANT TO BE THE CLUB
WITH THE MOST SUCCESSFUL MEMBERS.**



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