



**SCHEDULE EFFECTIVE , TUESDAY, SEPTEMBER 7, 2021**

MAIN STUDIO							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SEE TIME			YOGA Judi 7:30 AM				
SEE TIME	NO CLASSES ON LABOUR DAY MONDAY					BURN! Judi 9:00 AM	
9:30 AM		PILAES - MAT Aimee BEGINS Oct 12/21		CARDIO CORE Cassidy			
SEE TIME						YOGA Judi 10:15 AM	
12:00 PM	NO CLASSES ON LABOUR DAY MONDAY						
5:30 PM	POWER FLEX Christopher		YOGA Judi			<b><u>KINDLY ADHERE TO THE BELOW:</u></b> MASKS REQUIRED TO ENTER, SET UP & WHILE NOT PHYSICALLY WORKING OUT. <b>NO ENTRY PAST 5 MIN AFTER START.</b> <b>YOGA: YOUR OWN MAT IS REQUIRED.</b> <b>ALL EQUIPMENT MUST BE SPRAYED/            WIPED DOWN AND PUT AWAY ALL IN THE            SAME SPACE AFTER EACH USE.</b> <b>THANK YOU KINDLY!</b>	
6:00 PM		BOOTCAMP Corinna		POWER FLEX Christopher	YOGA Arfa		
7:00 PM	YOGA Jonny B						
TURF ZONE							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CYCLING STUDIO							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM							
9:30 AM			45 MIN Wendy				
12:15 PM	NO CLASSES ON LABOUR DAY MONDAY					<b><u>KINDLY ADHERE TO THE FOLLOWING:</u></b> MASKS REQUIRED TO ENTER/EXIT AND SET UP BIKES. <b>SESSIONS ARE FIRST COME FIRST SERVED,</b> <b>NO ENTRY TO STUDIO PAST 5 MIN AFTER SESSION BEGINS.</b> <b>IT IS SUGGESTED THAT BIKES ARE CLEANED BEFORE &amp;            REQUIRED THAT BIKES BE CLEANER AFTER EACH SESSION.</b> <b>PLEASE DO NOT MOVE BIKES.</b> <b>CHANGING BIKES AFTER START TIME IS NOT PERMITTED.</b> <b>THANK YOU KINDLY!</b>	
5:30 PM							
6:00 PM							
6:00 PM			50 MIN Mahsa				