

balance

FITNESS STUDIO

Jan. 11th - April 1st, 2012

Hours of Operation: Monday-Thursday: 6am - 9pm; Friday: 6am - 7pm; Weekends: 8am - 4pm

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:10am	Chisel (50 mins)	Cycology (50 mins)	Ultimate Circuit (50mins)	S.I.M.S. Spin (50 mins)	Core and Stretch (50 mins)		
8:15am		8am Beginner Yoga (starting Jan. 17 th)	Ultimate Circuit			Body Sculpt	
9:15am	Chisel	Long Ride Spin	Intermediate Pilates	Cycology	9:30am Step and Core (45 mins)	Yoga Flow	S.I.M.S. Spin (45mins)
10:30am	AM Yoga (80 mins)	10:20am Mountain Spin (40)	Core and Stretch (45 mins)	Beginner Basics Cardio/weights	Essential Pilates	S.I.M.S. Spin (50mins)	Weights 123
11:45am	12:00 Beginner Basics Cardio/Weights		Yoga (80 mins)				
5:35pm	HIT'EM HARD	Mountain Spin	Evening Yoga (80 mins)				
6:45pm	Essential Pilates	6:00pm Cycology/Bootcamp	6:00pm Cycology/Core	6:00pm Cycology/Chisel			

Please note all classes are 1 hour unless otherwise noted. Please sign up for all studio cycling/combo classes at 905.468.5007.
For schedule updates please visit our website at www.BalanceFitnessStudio.ca