


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	Rise'n grind (45) with Stephen Cage	Morning Rise (60) with April Yoga Studio (HOT)		Morning Rise (60) with April Yoga Studio (HOT)			
7:00 AM						Knockout Strength(60) with Stephen Cage	
8:30 AM	Aquafit (45) Suzanne		Aquafit (45) Suzanne		Aquafit (45) Mary		
8:45 AM							8:45 Muscle Pump(60) with Cathy Studio 1
9:00 AM						HIIT (45) with Amy Cage	
9:15 AM		9:15 Zumba (60) with Tara Gym	9:15 Cardio Fusion (60) with Suzanne Studio 2		9 : 15 Pilates (50) with Mary Yoga Studio 9:15 Zumba (60) with Tara Gym	Aquafit (45) Kristy	
9:30 AM	Cardio Fusion (60) with Juke Studio 2 9:30 Walk it off (60) with Suzanne Gym 9:30 Spin (45) Jeanne Spin room	Strength and move (60) with Jeanne Cage 9:30 Pilates (60) with Ivana Studio 2	9:30 Spin (45) Jeanne/Steph Spin room	Barbell Fitness (60) with Juke Studio 2	9:30 Spin (45) Jeanne Spin room		Hatha Yoga (60) with Amy Yoga Studio 9:30 Spin (45) Stephanie/Jeanne Spin room
10:00 AM						Pilates (45) With Amy/Ivana Yoga Studio	
10:15 AM					10:15 Group Fitness (30) with Jeanne Studio 1		
10:30 AM			Mobility Class (45) with Greg Yoga	Stretch & De-Stress (45) with Rich Yoga			Family Yoga (45) with April Studio 4
10:45	Mobility Stretch (45) with Greg Yoga Studio						
12:15 PM	Mindful Flow Yoga (45) Michelle Yoga Studio	HIIT (45) with Kaila Cage 12:15 Hot Yoga (45) with Ivanna Yoga Studio	Total 'Bonnie' Tone (45) Bonnie Studio 1	HIIT (45) with Kaila Cage	HIIT (45) with Stephen Cage		
5:30 PM	TRX (45) with Anita Cage		Pilates (45) with Anita Yoga Studio			Hatha Yoga (50) with Ivana Yoga Studio (Not Hot)	
6:00 PM		Metabolic Meltdown (45) with Amy Cage 6:00 Spin (30) with Tiina Spin room	3 in 1 with Kristy Studio 1	HIIT (45) with Amy Cage Spin (30) with Tiina Spin room			
6:30 PM	Kettleball (45) with Anita Studio 1	Strength Class (45) with Tiina Studio 1	TRX (45) Anita Cage	Strength Class (45) with Tiina Studio 1	960 Cumberland Ave, Burlington, ON L7N3J6 905-632-4800 www.cedarspringsclub.com Club Hours : Monday - Friday 5 - 11 pm Saturday and Sunday 6 - 9pm Holiday Hours:  CEDAR SPRINGS <small>HEALTH, RACQUET & SPORTSCLUB</small>		
7:00 PM			Stretch & Unwind (60) with Ivana Yoga Studio (Not Hot)	Yoga Nidra (60) with Michelle NOT HOT <i>Frequency: Second Thursday of each month Yoga Studio</i>			
				7:00 Candle light Yoga with April (60) Hot Yoga			
7:30	Yoga (60) with April Yoga studio (Warm)						