

	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)	Spin (60) with Nancy ***NEW***	Morning Rise (60) with April Yoga Studio (HOT)			
			6:00 HIIT Class (45) with Stephen Cage *** NEW***				
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		*** NEW *** Aquafit (45) with Lisa				HIIT (45) with Amy Cage	
						9:00 Spin with Greg Pace (45) **NEW TIME**	
9:15 AM			9:15 Cardio Fusion (60) with Suzanne Studio 1		9 : 15 Pilates (50) with Mary Yoga Studio	Aquafit (45) Kristy	
					9:15 Zumba (60) with Tara Gym		
9:30 AM	Cardio Fusion (60) with Juke Studio 1	Strength and move (60) with Jeanne Studio 1	9:30 Spin (45) Jeanne/Steph Spin room	Barbell Fitness (60) with Juke Studio 1	9:30 Spin (45) Jeanne Spin room		Hatha Yoga (60) with Amy Yoga Studio
		9:30 Pilates (60) with Ivana Yoga Studio					
	9:30 Spin (45) Jeanne Spin room						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 Studio	Stretch & De-Stress (45) with Rich Yoga Studio			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 Maddy Cage	Total 'Bonnie' Tone (45) Bonnie Studio 1	HIIT (45) with Lisa Cage	HIIT (45) with Stephen Cage		
		12:15 Hot Yoga (45) with Ivanna Yoga Studio			Hatha Yoga (50) with Ivana Yoga Studio (Not Hot)		
5:30 PM	TRX (45) with Anita Cage		Pilates (45) with Anita Yoga Studio				
6:00 PM		Metabolic Meltdown (45) with Amy Cage	3 in 1 with Kristy Studio 1	HIIT (45) with Amy Cage			
		6:00 Spin (30) with Tiina Spin room		Spin (30) with Tiina Spin room			
6:30 PM	Kettleball (45) with Anita Cage	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		
	6:30 Yoga (60) with Ivana Yoga studio	6:30 Hot Yin Yoga (45) with Angela Yoga Studio Starting November 28th					

7:00 PM			Stretch & Unwind (60) with Ivana Yoga Studio (Not Hot)	7:00 Yoga Nidra (60) with Michelle NOT HOT Frequency: Second Thursday of each month Yoga Studio
				7:00 Candle light Yoga with April (60) Hot Yoga (Yoga Studio) Frequency: Every Thursday EXCEPT the 2nd Thursday of each month

Club Hours :
Monday - Friday 5 - 11 pm
Saturday and Sunday 6 - 9pm
Holiday Hours: 7 - 3pm