

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	Rise'n Grind (45) with Stephen Studio 1	Morning Rise (60) with April Yoga Studio (HOT)	HIIT Class (45) with Stephen Studio 1	Morning Rise (60) with April Yoga Studio (HOT)			
6:30 AM			Spin (60) with Nancy Spin Room 6:30am				
7:30 AM						Knockout Strength (60) with Stephen Studio 1 7:30am	
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		Aquafit (45) with Lisa		Aquafit (45) with Lisa		HIIT (45) with Amy Studio 1	
						9:00 Spin with Greg Pace (45)	
9:15 AM			9:15 Cardio Fusion (60) with Suzanne Studio 1		9:15 Pilates (50) with Mary Yoga Studio	9:15 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	HIIT (45) with Maddy Studio 1	HIIT (45) with Maddy Studio 1	Spin (45) with Greg Pace	HIIT (45) with Kalla Studio 1	HIIT (45) with Stephen Studio 1		
	12:15 Mindful Flow Yoga (45) Michelle Yoga Studio	12:15 Hot Yoga (45) with Ivana Yoga Studio	Total 'Bonnie' Tone (45) Bonnie Studio 1		Hatha Yoga (50) with Ivana Yoga Studio (Not Hot)		
5:30 PM	TRX (45) Anita Studio 1 *CLASS MOVED*		Pilates (45) with Anita Yoga Studio				
6:00 PM		Metabolic Meltdown (45) with Amy Studio 1	3 in 1 with Kristy Studio 2	HIIT (45) with Amy Studio 1			
		6:00 Spin (30) with Tiina Spin Room		6:00 Spin (30) with Tiina Spin Room			
6:30 PM	Kettleball (45) with Anita Studio 1	Strength Class (45) with Tiina Studio *2*	TRX (45) Anita Studio 1 *CLASS MOVED*	Strength Class (45) with Tiina Studio *2*	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: 7 - 3pm		
	6:30 Yoga (60) with Ivana Yoga studio	6:30 Hot Yin Yoga (45) with Angela Yoga Studio					
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			

