


	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 <b>*NOT HOT*</b>	HIIT Class (45) with Stephen Studio 1	Morning Rise (60) with April Yoga Studio (HOT)	HIIT It or Quit It with Rebecca Studio 1 <b>*NEW*</b>		
6:30 AM			Power House Spin (60) with Nancy Spin Studio				
7:30 AM						Knockout Strength(60) with Stephen Studio 1	
8:30 AM	Aquafit (45) Suzanne		Aquafit (45) Suzanne		Aquafit (45) Mary		
8:45 AM							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			Cardio Fusion (60) with Suzanne Studio 1		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		Spin (45) Jeanne/Steph Spin Studio	Barbell Blitz (60) with Juke Studio 1 <b>*NEW NAME*</b>	Spin (45) Jeanne Spin Studio		Hatha Yoga (60) with Amy Yoga Studio
	9:30 Spin (45) Jeanne Spin Studio	9:30 Pilates (60) with Ivana Yoga Studio					9:30 Spin (45) Stephanie/Jeanne Spin Studio
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		Step (45) with Bonnie Studio 1 <b>*NEW*</b>	Mobility Class (45) with Greg Yoga Studio	Stretch & De-Stress (45) with Rich Yoga Studio			
12:15 PM	HIIT (45) with Maddy Studio 1	HIIT (45) with Maddy Studio 1	HIIT It or Quit It with Rebecca Studio 1 <b>*NEW*</b>	HIIT (45) with Kaila 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	12:15 Spin with Greg Spin Studio		12:15 Hatha Yoga (50) with Ivana Yoga Studio (Not Hot)		
5:30 PM	TRX (45) Anita Studio 1						
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	HIIT (45) with Anita Studio 1 <b>*NEW*</b>	Strength Class (45) with Tiina Studio 2	TRX (45) Anita Studio 1	Strength Class (45) with Tiina Studio 2	<p>Club Hours  Monday-Friday: 5am-11pm  Saturday &amp; Sunday: 6am-9pm</p> <p>960 Cumberland Ave, Burlington, ON L7N3J6  905-632-4800  www.cedarspringsclub.com</p> 		
	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)	Candle Light Wind-Down Yoga (60) with April/Michelle <b>*NEW NAME*</b>			