

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|--|--|--|--|---|---|---|
| 6:00 AM | Rise 'n Grind *HIIT* (45) with Stephen Studio 1 | | Rise 'n Grind *HIIT* (45) with Stephen Studio 1 | Hot Yoga (60) with April Yoga Studio | Rise 'n Grind *HIIT* (45) with Stephen Studio 1 | | |
| 6:30 AM | | | Power House Spin (60) with Nancy Spin Studio | | | | |
| 7:30 AM | | | | | | Knockout Strength(60) with Stephen Studio 1 | |
| 8:00 AM | 8:30am Aquafit (45) with Suzanne | | 8:30am Aquafit (45) with Suzanne | | 8:30am Aquafit (45) with Mary | | |
| 8:45 AM | | | | | | | Muscle Pump (60) with Cathy Studio 1 |
| 9:00 AM | | 9:00am Aquafit (45) with Lisa | | 9:00am Aquafit (45) with Lisa | | HIIT (45) with Amy Studio 1 | |
| | | | | | | 9:00 Spin with Greg Spin Studio | |
| 9:15 AM | | Step it Up (45) with Bonnie Studio 1 | Cardio Fusion (60) with Suzanne Studio 1 | | Pilates + (60) with Mary Studio 2 | Aquafit (45) Kristy | |
| | | | | | 9:15 Zumba (45) 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 | 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 | | | Mobility Class (45) with Greg Yoga Studio | Stretch & De-Stress (45) with Rich Yoga Studio | | | |
| 12:15 PM | HIIT Happens (45) with Charlotte Studio 1 | HIIT It or Quit It (45) with Kaila Studio 1 | 12:15 Spin with Greg Spin Studio | HIIT (45) with Stephen Studio 1 | Power & Core (45) with Kaila Studio 1 | | |
| | 12:15 Mindful Flow Yoga (45) with Michelle Yoga Studio | 12:15 Hot Yoga (45) with Ivana Yoga Studio | | | 12:15 Hatha Yoga (50) with Ivana Yoga Studio | | |
| 5:30 PM | | | K2 Shred (45) with Stephen Studio 1 | | | | |
| 6:00 PM | Power Hour (60) with Kaila Studio 1 | Metabolic Meltdown (45) with Amy Studio 1 | 3 in 1 with Kristy Studio 2 | HIIT (45) with Amy Studio 1 | | | |
| | | 6:15 Spin (30) with Tiina Spin Room | | 6:15 Spin (30) with Tiina Spin Room | | | |
| 6:30 PM | | 6:45 Strength Class (45) with Tiina Studio 1 | | 6:45 Strength Class (45) with Tiina Studio 1 | Club Hours Monday-Friday: 5am-11pm Saturday & Sunday: 6am-9pm 960 Cumberland Ave, Burlington, ON L7N3J6 905-632-4800 www.cedarspringsclub.com | | |
| | 6:30 Yoga (60) with Ivana Yoga Studio | | | | | | |
| 7:00 PM | | | Stretch & Unwind (60) with Ivana Yoga Studio (Not Hot) | Hot Hatha Yoga (60) with Lucy Yoga Studio | | | |