

	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						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		Pick-Obility (45) with Shannon Studio 2				Pilates (45) With Amy/Ivana Yoga Studio	
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 Shannon 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			