

Schedule as of Monday November 3rd, 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	Wake Up & HIIT It (60) with Shannon Studio 1	Hot Yoga (60) with April Yoga Studio					
6:30 AM			Power House Spin (60) with Nancy Spin Studio				
8:00 AM					8:45am Weights (30) with Jeanne Studio 1	Rise & Reps (45) with Rebecca Studio 1	
8:30 AM	8:30am Aquafit (45) with Suzanne		8:30am Aquafit (45) with Suzanne		8:00am Aquafit (45) with Mary		
8:45 AM							Muscle Pump (60) with Cathy Studio 1
9:00 AM						Spin (45) with Rebecca & Greg Spin Studio	
						HIIT Squad (45) with Amy Studio 1	
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 (45) 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	
10:30 AM			Mobility Class (45) with Greg Yoga Studio	Stretch & De-Stress (45) with Rich Yoga Studio			
11:00							Hot Yoga (60) with Nadeen Yoga Studio
12:15 PM	HIIT Happens (45) with Charlotte Studio 1	Lift It Strength (45) with Rebecca Studio 1	Spin Strong (45) with Greg Spin Studio	HIIT & Hustle (45) with Rebecca Studio 1	Power & Core (45) with Kaila Studio 1		
		12:15 Hot Yoga (45) with Ivana Yoga Studio			12:15 Hatha Yoga (50) with Ivana Studio 1		
5:30 PM							
6:00 PM	Power Hour (60) with Kaila Studio 1	Metabolic Meltdown (45) with Amy Studio 1	3 x 1 (60) with Kristy Studio 1	HIIT Squad (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 as of September 15th, 2025 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)	Warm Yoga Flow (60) with Lucy Yoga Studio			