

Lifestyle Group Fitness Program

Effective September 4, 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:10— 6:25AM	ALL ABS! Workout Michelle		ALL ABS! Workout Michelle		ALL ABS! Workout Kathy
6:30— 7:30AM	HATHA YOGA All Levels Diana	BOOT CAMP Circuit Challenge David	Core-YOGA Fusion Diana	BOOT CAMP Circuit Challenge Andrew	HATHA YOGA All levels Diana
6:30— 7:30AM Cardio Gym	POWER PACE SPINNING Michelle		POWER PACE SPINNING Michelle		POWER PACE SPINNING Kathy
11:45AM— 12:30PM	A.B.T. WORKOUT Hector		NEW!! BOOT CAMP Circuit Challenge Brano		PILATES/YOGA FUSION Hector
12:10— 1:00PM		PILATES/YOGA FUSION Daniel		BOOT CAMP Circuit Challenge David	
12:10— 1:00PM Cardio Gym	POWER PACE SPINNING Joanne	POWER PACE SPINNING Hector	POWER PACE SPINNING Joanne	POWER PACE SPINNING Hector	POWER PACE SPINNING Daniel
12:30— 1:15PM	BODY BLAST Core & Abs Workout Hector		INTERVAL Sculpt 'n Tone Debbi		INTERVAL Sculpt 'n Tone Hector
1:05— 2:00PM		BOOT CAMP Circuit Challenge David		PILATES/YOGA Fusion Hector	
1:15— 2:15PM	FLOW YOGA All levels Daniel		POWER YOGA All levels Audrey		POWER YOGA All levels Audrey
4:30— 5:30PM	VINYASA FLOW YOGA Audrey	INTERVAL Sculpt 'n Tone Debbi	20/10 Circuit Hector	BOOT CAMP Circuit Challenge Debbi	5:00—6:00PM VINYASA FLOW YOGA Daniel
			4:45—5:30PM Strong Core with Spinning Warm-Up Daniel		
5:30— 6:30 PM	BOOT CAMP Circuit Challenge Audrey	WORLD YOGA All levels Kayla	HATHA YOGA Daniel	WORLD YOGA by Candlelight Daniel	
5:30— 6:30 PM Cardio Gym	SPIN INTERVAL Hector		POWER PACE SPINNING Sheldon		

www.BentallCentreAthleticClub.com

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