



Weekly Group Fitness Schedule

Day/Time:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am - 6:50am	Upper Body Circuit Trainer: Cam	Cardio Circuit Tainer: Cam	Lower Body Circuit Trainer: Anne	Cardio Circuit Trainer: Anne	KB Foundation Trainer: Justin	
7:30am - 8:15am	Pilates Instructor: Sharon				Pilates Instructor: Sharon	
9:00am - 10:00am		Hatha Yoga Instructor: Clarissa		Hatha Yoga Instructor: Clarissa		C&S Circuit Trainer: Cam/Anne
10:15am - 11:00am	S&S Trainer: Anne/Cam	Gentle Yoga Instructor: Clarissa	S&S Trainer: Anne/Cam	Gentle Yoga Instructor: Clarissa	S&S Trainer: Anne/Cam	
12:00pm - 12:50pm	Upper Body Circuit Trainer: Cam	Cardio Circuit Trainer: Justin	Lower Body Circuit Trainer: Cam	Cardio Circuit Trainer: Justin	KB Foundation Trainer: Justin	
5:15pm - 6:05pm	Upper Body Circuit Trainer: Anne/Cam	Cardio Circuit Trainer: Anne	Lower Body Circuit Trainer: Cam	Cardio Circuit Trainer: Justin		
6:30pm - 7:05pm		Mobility Lab Trainer: Clarissa		Mobility Lab Trainer: Justin		