

Studio Schedule | July 31 - Aug 7 (No changes to the pool schedule)

Book classes on your YWCA Health & Fitness mobile app!
No shows may be charged a \$10 fee.

August 1 and 2: One class booking per person per day (including Aqua classes).

DATE	TIME	CLASS	INSTRUCTOR	LOCATION
Fri July 31	12:15PM - 1:00PM	YogaFlow	Johanna	4th Floor
	5:15PM - 6:15PM	Yin & Meditation	Jillian	4th Floor
	7:30AM - 8:00AM	Strength Express	Johanna	Studio 1
	12:15PM - 1:00PM	Strength Total Body	Hector	Studio 1
	1:15PM - 2:00PM	Pride Themed Step	Annie	Studio 1
	5:15PM - 6:15PM	Zumba Toning	Alice	Studio 1
	6:30PM - 7:30PM	Beginner Karate	Hamid	Studio 1
	7:30PM - 8:30PM	Advanced Karate \$	Hamid	Studio 1
Sat Aug 1	10:30AM - 11:30AM	YogaFlow	Lisa	4th Floor
	12:00PM - 1:00PM	Pilates Flow	Hector	4th Floor
Sun Aug 2	10:30AM - 11:30AM	YogaFlow	TBD	4th Floor
	12:00PM - 1:00PM	Pilates Flow	Vivian	4th Floor
Mon Aug 3	Facility closed for BC Day			
Tue Aug 4	4:15PM - 5:00PM	YogaFlow	Susan	4th Floor
	5:15PM - 6:15PM	Core & Stretch	Chris	4th Floor
	6:30PM - 7:30PM	Beginner Karate	Hamid	4th Floor
	7:30PM - 8:30PM	Advanced Karate \$	Hamid	4th Floor
	12:15PM - 1:00PM	Strength & Cardio	Josh	Studio 1
	1:15PM - 2:00PM	Floor Barre & Stretch	Johanna & Ariel	Studio 1
	5:15PM - 6:15PM	DanceFit	Johanna & Donna	Studio 1
	6:30PM - 7:30PM	HIIT	Samy	Studio 1
Wed Aug 5	7:30AM - 8:00AM	Strength Express	Johanna	Studio 1
	11:15AM - 12:00PM	Pilates Mat	Hector	Studio 1
	12:15PM - 1:00PM	Step & Strength	Annie	Studio 1
	1:15PM - 2:00PM	Restorative Stretch	Jody	Studio 1
	5:15PM - 6:15PM	HIIT	Josh	Studio 1

\$ - Fees apply

DATE	TIME	CLASS	INSTRUCTOR	LOCATION
Thu Aug 6	12:15PM - 1:00PM	Strength Total Body	Alesya	Studio 1
	1:15PM - 2:00PM	DanceFit	Johanna	Studio 1
	4:15PM - 5:00PM	Boxing Fitness	Leila	Studio 1
	5:15PM - 6:15PM	Zumba	Maybelin	Studio 1
	6:30PM - 7:30PM	HIIT	Suzy	Studio 1
	5:15PM - 6:15PM	Core & Stretch	Chris	4th Floor
	6:30PM - 7:30PM	Functional Mobility \$	Chris	4th Floor
Fri Aug 7	12:15PM - 1:00PM	YogaFlow	Johanna	4th Floor
	5:15PM - 6:15PM	Yin & Meditation	Jillian	4th Floor
	7:30AM - 8:00AM	Strength Express	Johanna	Studio 1
	12:15PM - 1:00PM	Strength Total Body	Hector	Studio 1
	1:15PM - 2:00PM	Step	Annie	Studio 1
	5:15PM - 6:15PM	Zumba Toning	Alice	Studio 1
	6:30PM - 7:30PM	Beginner Karate	Hamid	Studio 1
	7:30PM - 8:30PM	Advanced Karate \$	Hamid	Studio 1

\$ - Fees apply