

Spring 2018 Fitness Calendar

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|--|--|---|
| | 6:10 am - 7:00 am Barre Fitness - Jenn D | | | | | |
| | | 8:15 am - 9:20 am 20.20.20 Sharon | 8:15 am - 9:15 am No Knees Butt Class Sharrom D | 8:30 am - 9:20 am TRX Fusion - Sharron | 8:00 am - 8:50 am TRX Fusion - Carrie | 8:30 am - 9:30 am 20.20.20 - Jenn D |
| 9:30 am - 10:30 am Pilates Fusion Jenn D | 9:00 am - 10:05 am TRX Fusion - Carrie | 9:30 am - 10:30 am Barre Fitness Jenn D | | 9:30 am - 10:20 am BodySculpt - Sharron | 9:00 am - 9:50 am CO-ED TRX Fusion Carrie | 9:30 am - 10:30 am Co Ed Pilates Jenn DiCarlo |
| | 10:00 am - 11:00 am Mommy & Baby - Jenn | | 10:40 am - 11:40 am Mommy & Baby Jenn | 10:45 am - 11:45 am Pilates - Jenn D | 10:00 am to 11:00 am BodySculpt - Jenn Mc | |
| | | 5:00 pm - 5:50 pm BodySculpt Sharron | 4:30 pm to 5:30 pm Co ed Pilates- Jenn D | | | |
| | 6:15 pm - 7:00 pm Kickboxing -Sharron | 6:00 pm -6:50 pm BodySculpt - CO-ED Jenn Mc | 5:30 pm - 6:30 pm 20.20.20 Jenn D | | Please Note: 20.20 with Sharron is a combo TRX, Kickboxing and Weights | |
| 7:00 pm - 7:50 pm TRX Fusion Jenn Mc | 7:00 pm - 8:00 pm BodySculpt - Jenn Mc | 7:00 pm -7:50 pm CO-ED TRX Fusion - Jenn Mc | 7:00 pm - 8:00 pm BodySculpt | | Please Note 20.20.20 with Jenn D is a combo of TRX, Pilates and Weights | |
| 8:00 pm - 8:50 pm TRX Fusion Jenn MC | 8:10 pm - 8:50 pm 20.20.20 Sharron | 8:00 am to 9:00 pm BodySculpt - Jenn Mc | 8:10 pm - 9:00 pm Kickboxing - Sharron | | | |

Personal Training hours are from 6:00 am - 9:00 pm 318 Guelph St Unit #13

For class descriptions please go to www.dynamicbodies.ca or to register please email classes@dynamicbodies.ca