

Dynamic Bodies Spring 2016 Fitness Class Calendar

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|---|--|------------------------------------|---|---|
| | 6:10 am - 7:00 am Barre Fitness | | 6:10 am - 7:00 am Booty Barre | | | |
| | | | 7:00 am - 8:00 am Yogalates | 8:30 am - 9:20 am TRX Training | 8:05 am - 8:55 am TRX Training | 8:30 am - 9:30 am Hatha Yoga Level 1 |
| 9:30 AM - 10:30 am Pilates Fusion | 9:15 am - 10:05 am TRX Training | 9:30 am - 10:30 am Barre Fitness | 9:30 am - 10:30 am Step n' Strength | 9:30 am - 10:20 am TRX Training | 9:00 am - 9:50 am TRX Training | |
| 10:45 am - 11:45 am Mommy & Baby Yogalates | 10:15 am - 11:15 am Restorative Yoga | 10:45 am - 11:45 am Mommy & Baby Barre | | 10:45 am - 11:45 am Yoga Flow | 10:00 am - 10:50 am Strength & Sweat Circuit Tabata Style | |
| | | | 11:15 am - 12:15 pm Pilates | | | |
| | 4:30 pm - 5:30 pm KIDS Circuit | 5:00 pm - 5:50 pm Strong Body Circuit | | 10:45 am - 11:45 am Yoga Flow | | |
| 6:00 pm - 6:50 pm Strength n' Sweat Circuit | 6:15 pm - 7:00 pm Kickboxing | 6:00 pm -6:50 pm TRX Training | | 5:00 pm - 6:00 pm KIDS Circuit | | |
| 7:00 pm - 7:50 pm TRX Training | 7:00 pm - 8:00 pm Pilates Fusion | 7:00 pm -7:50 pm TRX Training | | | | |
| 8:00 pm - 8:50 pm TRX Training | 8:10 pm - 9:00 pm Barre Fitness | 8:00 pm - 8:50 pm Men's TRX Training | 8:10 pm - 9:00 pm Kickboxing | | | |
| 9:00 pm - 10:00 pm Candlight Gentle Yoga | | | | | | |

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