

# Dynamic Bodies Summer 2016 Fitness Class Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:10 am - 7:00 am Barre		6:15 am - 7:05 am CO-ED TRX			
8:30 am - 9:30 am Barre		8:30 am - 9:20 am Strong Body Circuit		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 TRX Training	9:30 am - 10:20 am TRX Training	9:00 am - 9:50 am TRX Training	
10:45 am - 11:45 am Pilates/Barre	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 TRX Training	
			11:15 am - 12:15 pm Pilates			
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				
7:00 pm - 7:50 pm TRX Training		7:00 pm -7:50 pm TRX Training				
8:00 pm - 8:50 pm TRX Training	8:10 pm - 9:00 pm Barre	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](http://www.dynamicbodies.ca) or to register please email [classes@dynamicbodies.ca](mailto:classes@dynamicbodies.ca)**