

Dynamic Bodies Fall 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 TRX Training			
8:30 am - 9:30 am Barre		8:30 am - 9:20 am Strong Body Circuit		8:30 am - 9:20 am TRX Training	8:00 am - 8:50 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 Upcoming Class TBD	9:30 am - 10:20 am TRX Training	9:00 am - 9:50 am TRX Training	9:30 am - 10:30 am Pilates (TBC)
	10:15 am - 11:15 am Restorative Yoga	10:45 am - 11:45 am Mommy & Baby Barre		10:45 am - 11:45 am Gentle Yoga	10:00 am - 10:50 am TRX Training	
			11:15 am - 12:15 pm Pilates			
6:00 pm - 6:50 pm TRX/Barre Combo	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 TRX Training	8:10 pm - 9:00 pm Kickboxing			

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