

Spring/Summer 2019 Fitness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:10 am - 7:00 am Barre Fitness - Jenn D					
		8:15 am - 9:15 am 20.20.20 Sharron D	8:15 am - 9:15 am No Knees Butt Class Sharron D		8:00 am - 8:50 am TRX Fusion Carrie	
9:30 am - 10:30 am Pilates Fusion Jenn DiCarlo	9:00 am - 9:50 am TRX Fusion Carrie	9:30 am - 10:30 am Barre Fitness Jenn DiCarlo		9:00 am - 9:50 am Body Sculpt/TRX Jenn McKeogh	9:00 am - 9:50 am CO-ED TRX Fusion Carrie	9:30 am - 10:30 am Pilates
		11:00 am - 12:00 pm Mommy & Baby Fit Jenn Di Carlo		10:30 am - 11:30 am Essentrics Jenn DiCarlo	TBA	10:30 am - 11:30 am Essentrics Jenn DiCarlo
4:30 pm - 5:30 pm Boys Kickboxing Jenn McKeogh	5:10 pm -6:00 pm BodyStrong Sharron Dyxhoorn	5:10 pm - 6:00 pm BodySculpt Sharron D				
6:00 pm - 6:50 pm Girls Fit 10-14 yr Carrie	6:15 pm - 7:00 pm Kickboxing Sharron D	6:00 pm -6:50 pm Men's BodySculpt Jenn McKeogh	5:30 pm - 6:30 pm 20.20.20 Barre, Pilates, TRX		Please Note: 20.20.20 with Sharron is a combo of TRX, Kickboxing and Weights	
7:00 pm - 7:50 pm TRX Fusion Jenn McKeogh	7:00 pm - 8:00 pm BodySculpt Jenn McKeogh	7:00 pm -7:50 pm CO-ED TRX Fusion Jenn Mc	7:00 pm - 8:00 pm BodySculpt Jenn McKeogh		Please Note: 20.20.20 with Jenn D is a combo of Barre, Pilates and TRX	
8:00 pm - 8:50 pm TRX Fusion. Jenn McKeogh	8:10 pm - 8:50 pm 20.20.20 TRX, Kickboxing, Weights	8:00 pm to 9:00 pm BodySculpt Jenn McKeogh	8:10 pm - 9:00 pm Kickboxing Sharron D		Please note: BodyStrong, our new class, is also available on Tuesdays and Thursdays at 8:00 pm	

Personal Training hours are from 6:00 am - 9:00 pm 68 Main St. S Unit #13 A
For class descriptions please go to www.dynamicbodies.ca or to register please email classes@dynamicbodies.ca