



GRP.X SCHEDULE

APRIL 2 TO APRIL 6 2015

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY					
APRIL 6				APRIL 3				APRIL 4				APRIL 5					
		Spinning 6h30 Howard		45 m ◇□				Spinning 6h30 Spiros		45 m ◇□							
Bootcamp 8h Chuck		60 m □		Metabolic Blast 8h Kirstin		75 m ◇□		Body Design 8h15 Nina		45 m □		Pilates 8h15 Kim		45 m □			
Spinning 9h Howard		60 m ◇□		Spinning 9h Joanne		60 m ◇□		Spinning 9h Angelica		60 m ◇□		Spinning 9h Shayna		60 m ◇□			
Eurostep 9h Joelle		60 m △		Body Design 9h15 Terri		60 m △		Core Combustion 9:30 Kirstin		45 m □		Cardio Intervals 9h15 Spiro		60 m □			
Zumba 10h05 Liz		60 m □		Pilates 10h05 Kevin		60 m □				Pilates 10h05 Kevin		60 m △		Martial Fusion 10h05 Tania		60 m □	
Yoga 10h15 Anne		60 m □		Abs, butt & thighs 10h30 Caroline		60 m □		Revitalizing Yoga 10h15 Bruce		60 m □		Low Impact 10h30 Caroline		60 m □			
						Power Box 10h15 Kam		60 m □		Yoga 12h15 Vicky		50 m □					
Spinning 12h15 Tim/Nicole		50 m ◇□				Zumba 12h Liz		50 m □				Spinning 9h45 Tim		60 m ◇□			
		Body Design 16h30 Lynn		60 m □		Body Challenge 16h30 Tania		60 m □		Zumba 16h30 Josue		60 m □		Body Challenge 17h30 Caroline		60 m □	
Cardio KickBoxing 17h30 John		60 m △		Cardio Intervals 17h30 Spiro		60 m □		Yoga 17h Debra		60 m □		Ballet Bootcamp 17h30 Joelle K		60 m □			
Spinning 18h30 Spiros		60 m ◇□		Spinning 18h Nasrin		60 m ◇□		C.S.I. 17h30 Lynn		60 m □		Spinning 17h45 Mat		60 m ◇□			
Absolution 18h30 Joelle K		60 m □		Power Box 18h30 Kam		55 m □		Spinning 17h45 Jessica		60 m ◇□		Gentle Yoga & Med. 18h Brigitte/Brenda		60 m □			
Pilates 19h Kevin		60 m □				Zumba 18h30 Marie-Thérèse		60 m □		Power Box 18h30 Kam		60 m □					
Zumba 19h30 Marie-Thérèse		60 m □		Bootcamp 19h30 Chuck		60 m □		Bootcamp 19:30 Kareem		60 m □		Zumba Step 19h30 Marie-Thérèse		60 m □			

- LEGEND**
- Aerobic Studio
 - Spinning Studio
 - Mind & Body Studio
 - Outdoor
 - Everyone
 - ▲ Intermediate/advanced
 - ◆ Reservation required



SCAN HERE FOR ALL GRP.X CLASS DESCRIPTIONS
OR VISIT OUR WEBSITE
WWW.CLUBMANSFIELD.CA



FOR ANY QUESTIONS OR COMMENTS, JPIGOTT@CLUBMANSFIELD.CA.
CLASS MAY BE CANCELLED BASED ON ATTENDANCE.