

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	Morning Rise (60) with April Yoga Studio (HOT)		Spin (45) with Nancy Spin room				
8:30 AM	Aquafit (45) Suzanne		Aquafit (45) Suzanne 8:30 Zumba (45) Tara Gym		Aquafit (45) Mary		
9:00 AM						HIIT (45) with Amy Cage 9:00 Family Yoga (45) with April Yoga Studio	
9:15 AM			9:15 Cardio Fusion (60) with Suzanne Studio 1		Pilates (50) with Mary Yoga Studio	Aquafit (45) Kristy	
	9:30 Walk it Off (60) Suzanne Gym				9:15 Zumba (60) with Tara Gym		
9:30 AM	Cardio Fusion (60) with Juke Studio 1	Strength and move (60) with Jeanne Studio 1	9:30 Spin (45) Jeanne/Steph Spin room	Barbell Fitness (60) with Juke Studio 1	9:30 Spin (40) Jeanne Spin room	9:30 Spin (60) Greg Spin room	Hatha Yoga (60) with Amy Yoga Studio
	9:30 Spin (45) Jeanne Spin room	9:30 Pilates (60) with Ivana Yoga Studio					9:30 Spin (45) Stepahie/Jeanne Spin room
10:00 AM					10:15 Weights Circuit (30) with Jeanne Studio 1	Pilates (45) With Amy/Ivana Yoga Studio	HIIT (45) Maria Cage
10:30 AM			Mobility Class (45) with Greg Yoga Studio	Stretch & De-Stress (45) with Rich Yoga Studio			Muscle Pump (60) with Cathy Studio 1
12:00 PM					Hatha Yoga (50) with Ivana Yoga Studio (Not Hot)		
12:15 PM	Spin (45) Greg Spin room	HIIT (45) with Kaila Cage Hot Yoga (45) with Ivana Yoga Studio		HIIT (45) with Kaila Cage			
1:45 PM							
5:15 PM			Kettlebell (45) with Kaila Studio 1				
5:30 PM	Muscle & Abs (60) with Bonnie Studio 1				Rage in the Cage Bootcamp (45) with Maria Cage		
6:00 PM		Metabolic Meltdown (45) with Amy Cage	Step with Kristy Studio 1	HIIT (45) with Amy Cage Spin (30) with Tiina Spin room			
6:15 PM		Spin (30) with Tiina Spin room	TRX (45) Amy Cage		960 Cumberland Ave, Burlington, ON L7N3J6 905-632-4800 <a href="http://www.cedarspringsclub.com">www.cedarspringsclub.com</a>		
6:30 PM	Rage in the Cage Bootcamp (45) With Maria Cage			Strength Class (45) with Tiina Studio 1	General Programs Schedule 2022 - Subject to change without notice  Club Hours Monday - Friday 5am - 11pm Saturday and Sunday 6am - 9pm Holidays 7am - 4pm		
	Foundations of Yoga (60) with Ivana Yoga studio (Not Hot)						
6:45 PM		Strength Class (45) with Tiina Studio 1					
7:00 PM		Stretch and Flow (60) with April Yoga Studio (Not Hot)	Stretch & Unwind (60) with Ivana Yoga Studio (Not Hot)	Hot Yoga (60) with April Yoga Studio			