

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	Rise 'n Grind *HIIT* (45) with Stephen Studio 1		Rise 'n Grind *HIIT* (45) with Stephen Studio 1		HIIT It or Quit It with Rebecca Studio 1		
6:30 AM			Power House Spin (60) with Nancy Spin Studio				
7:30 AM						Knockout Strength(60) with Stephen Studio 1	
8:30 AM	Aquafit (45) Suzanne		Aquafit (45) Suzanne		Aquafit (45) Mary		
8:45 AM							Muscle Pump (60) with Cathy Studio 1
9:00 AM						HIIT (45) with Amy Studio 1	
						9:00 Spin with Rebecca (45) Spin Studio	
9:15 AM			Cardio Fusion (60) with Suzanne Studio 1		Pilates (50) with Mary Yoga Studio	Aquafit (45) Kristy	
					9:15 Zumba (60) with Tara Gym		
9:30 AM	Cardio Fusion (60) with Juke Studio 1		Spin (45) Jeanne/Steph Spin Studio	Barbell Blitz (60) with Juke Studio 1	Spin (45) Jeanne Spin Studio		Hatha Yoga (60) with Amy Yoga Studio
	9:30 Spin (45) Jeanne Spin Studio	9:30 Pilates (60) with Ivana Yoga Studio					9:30 Spin (45) Stephanie/Jeanne Spin Studio
10:00 AM						Pilates (45) With Amy/Ivana Yoga Studio	
10:15 AM					10:15 Group Fitness (30) with Jeanne Studio 1		
10:30 AM			Mobility Class (45) with Greg Yoga Studio	Stretch & De-Stress (45) with Rich Yoga Studio			
12:15 PM	HIIT Happens (45) with Charlotte Studio 1	HIIT It or Quit It (45) with Rebecca Studio 1	12:15 Spin with Greg Spin Studio	HIIT (45) with Stephen Studio 1			
	12:15 Mindful Flow Yoga (45) Michelle Yoga Studio	12:15 Hot Yoga (45) with Ivana Yoga Studio			12:15 Hatha Yoga (50) with Ivana Yoga Studio (Not Hot)		
5:30 PM	TRX (45) Kaila Studio 1						
6:00 PM		Metabolic Meltdown (45) with Amy Studio 1	3 in 1 with Kristy Studio 2	HIIT (45) with Amy Studio 1			
		6:15 Spin (30) with Tiina Spin Room		6:00 Spin (45) with Tiina Spin Room			
6:30 PM		6:45 Strength Class (45) with Tiina Studio 1	TRX (45) Anita Studio 1		Club Hours Monday-Friday: 5am-9:30pm Saturday & Sunday: 6am-7pm 960 Cumberland Ave, Burlington, ON L7N3J6 905-632-4800 www.cedarspringsclub.com		
	6:30 Yoga (60) with Ivana Yoga Studio						
7:00 PM			Stretch & Unwind (60) with Ivana Yoga Studio (Not Hot)				