



group fitness schedule

Effective March 1, 2008

4646 Dufferin Street (Just N of Finch)
 North York, Ontario
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 www.strictlyfitness.com

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--|---|---|--|---|
| 6:45 - 7:45 AM KaiDo *PP MASTER MARK BOXING STUDIO | 6:45 - 7:30 AM SPINNING VARISSA SPIN STUDIO | 6:45 - 7:45 AM KaiDo *PP MASTER MARK BOXING STUDIO | 6:45 - 7:30 AM SPINNING DOMENIC SPIN STUDIO | 6:45 - 7:45 AM KaiDo *PP MASTER MARK BOXING STUDIO | | |
| 9:30 - 10:30 AM SPINNING BAILEY SPIN STUDIO | 9:30 - 10:15 AM AQUA CARDIO fit *Her ANYA POOL | 9:45 - 10:45 AM BODY SCULPT GRACE AEROBIC STUDIO | 9:30 - 10:15 AM AQUA INTERVAL *Her STEPH POOL | | | |
| | 9:45 - 10:45 AM SPINNING DOMENIC SPIN STUDIO | | 10:30 - 11:15 AM CARDIO STRIP TEASE MADAM S AEROBIC STUDIO | 9:30 - 10:30 AM SPINNING LISA SPIN STUDIO | 9:00 - 10:00 AM SPINNING SHELDON SPIN STUDIO | 9:15 - 12:30 PM TABLE TENNIS ADVANCED GROUP AEROBIC STUDIO |
| | 10:00 - 11:00 AM fit BODY INTERVAL GRACE AEROBIC STUDIO | | | 10:30 am - 11:30 am CARDIO SALSA & SCULPT ANYA AEROBIC STUDIO | 10:00 - 10:45 AM STEP SENSATION SHELDON AEROBIC STUDIO | 10:00 - 11:30 AM ASHTANGA LEVEL 1 ALEXSANDRA YOGA STUDIO |
| 12:10 - 12:55 PM CARDIO SCULPT CHALLENGE GABRIELLA AEROBIC STUDIO | 12:10 - 12:55 PM SPINNING DOMENIC SPIN STUDIO | 12:10 - 12:55 PM CARDIO BOX & SCULPT BAILEY AEROBIC STUDIO | 12:10 - 12:55 PM CARDIO CIRCUIT LESLEY AEROBIC STUDIO | 12:10-12:55 PM SPINNING LESLEY SPIN STUDIO | 10:00 - 11:30 AM ZEN YOGA LEVEL 1, 2 & 3 DANIEL YOGA STUD | 9:45 - 10:30 AM AQUA CARDIO fit *Her GRACE POOL |
| | 1:00 - 2:00 PM FUSION YOGA LEVEL 1 ALEXSANDRA YOGA STUDIO | | 12:10 - 1:10 PM ASHTANGA LEVEL 1 ALEXSANDRA YOGA STUDIO | | 11:00 - 12:00 PM SPINNING ERIC SPIN STUDIO | 11:35 - 12:35 PM SPINNING KASH SPIN STUDIO |
| | | | | | 11:00-2:00 PM TABLE TENNIS BEGINNER AEROBIC STUDIO | 11:30 - 1:00 PM YOUTH BOXING *PP COACH GITMAN BOXING STUD |
| 5:30 - 7:00 PM YOUTH BOXING *PP COACH GITMAN BOXING STUDIO | | 5:30 - 7:00 PM YOUTH BOXING *PP COACH GITMAN BOXING STUDIO | | | | 1:00 - 2:30 PM ADULT BOXING *PP COACH GITMAN BOXING STUDIO |
| 5:30 - 6:30 PM POWER ZEN YOGA LEVEL 1, 2, 3 DANIEL YOGA STUDIO | 5:30 - 6:30 PM BEGINNER YOGA LEVEL 1 ALEXANDRIA YOGA STUDIO | 6:00 - 6:55 PM CARDIO STRIPTEASE *W MADAM S AEROBIC STUDIO | | | | 2:30 - 3:30 PM JUDO *PP SENSEI MOTTI AEROBIC STUDIO |
| 6:00 - 7:00 PM SUPER SCULPT AMANDA AEROBIC STUDIO | 6:00 - 6:45 PM SPINNING SHELDON SPIN STUDIO | 6:00 - 7:00 PM SPINNING DOMENIC SPIN STUDIO | 6:00 - 7:00 PM SPINNING ERIC SPIN STUDIO | | | |
| 6:45 - 7:30 PM AQUA fit *Her NICOL POOL | 6:00 P.M. - 7:00 PM LATIN PUMP & SCULPT LUDA AEROBIC STUDIO | 7:00 - 8:00 P.M. STEP & STRENGTH SHELDON AEROBIC STUDIO | 6:00 - 7:00 P.M. EURO STEP T.B.A AEROBIC STUDIO | 6:00 - 8:00 PM ADULT BOXING *PP COACH GITMAN BOXING STUDIO | | |
| 7:00 - 8:00 PM CARDIO SWEAT AMANDA AEROBIC STUDIO | 7:00 - 8:30 PM ASHTANGA YOGA LEVEL 2 ALEXSANDRA YOGA STUDIO | 7:05 - 7:50 PM AQUA fit *Her STEPH POOL | 7:00 - 8:30 PM BOOTY YOGA LEVEL 2 ALEXSANDRA YOGA STUDIO | | BOXING | KaiDo |
| 7:00 - 9:00 PM ADULT BOXING *PP COACH GITMAN BOXING STUDIO | 7:00 - 10:30 PM TABLE TENNIS ADVANCED GROUP AEROBIC STUDIO | 7:00 - 9:00 PM ADULT BOXING *PP COACH GITMAN BOXING STUDIO | 7:30 - 10:30 PM TABLE TENNIS ADVANCED GROUP AEROBIC STUDIO | | SPINNING | JUDO |
| 8:00 - 9:30 PM JUDO *PP SENSEI MOTTI AEROBIC STUDIO | 8:00 - 10:00 PM KaiDo *PP MASTER MARK BOXING STUDIO | 8:00 - 9:30 PM JUDO *PP SENSEI MOTTI AEROBIC STUDIO | 8:00 - 10:00 PM KaiDo *PP MASTER MARK BOXING STUDIO | | fit YOGA | fit for Her Members Only |

*Classes, times, and instructors are subject to change without notice.

*Her=FIT for Her members only, *pp=paid program

Try our Great New Programs:

JUDO
KaiDo

