



# ST. MARYS GROUP FITNESS SCHEDULE (from January 8th)

Schedule subject to change

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
6:15 – 6:55 am <b>Tabata Circuit</b> Nancy		6:15 – 6:55 am <b>Cycle Fit</b> Nancy	6:15 – 7:00 <b>Be Powerful</b> Karen K	6:15 – 7:00 <b>Yoga</b> Sue	
	6:45 – 7:35 am <b>Cycle Fit</b> Cobi		7:10 – 7:40 am <b>Cycle Fit</b> Cobi		7:30 – 8:30am <b>Instructor's</b> <b>Choice</b>
8:30 – 9:00am <b>Step</b> Nancy					
9:05 – 10:05 am <b>Tone &amp; Stretch</b> Nancy	9:30 – 10:30 pm <b>Yoga</b> Sue	9:05 – 10:05 am <b>Circuit Training</b> Nancy			
1:30 – 2:30 <b>Gentle Fitness II</b> Town				1:30 – 2:30 <b>Gentle Fitness II</b> Town	
4:10 – 4:50 <b>Kangoo</b> Sarah S	5:00 – 5:30 pm <b>Cycle Fit</b> Nancy		5:00 – 5:30 <b>Kid Fit</b> Nancy/Ethan		
	5:40 – 6:10 pm <b>Hard Core</b> Nancy	5:30 – 6:30pm <b>Yoga</b> Sue	5:40 – 6:10 pm <b>Booty Camp</b> Nancy		
	6:15 – 7:15 pm <b>FIT</b> Nancy	6:35 – 7:35 pm <b>Be Powerful</b> Karen K	6:15 – 7:10 pm <b>Circuit</b> Nancy		

**Kid Zone Hours: Monday to Thursday 5 - 7:30pm and Saturday 9 - 11am**