

Group Exercise Schedule

To reserve your spot, please sign up in person or phone 416 925 5706. New registration every TUESDAY !

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Cycling 6:15am – 45min Instructor: Shelby		RUNNING GROUP MEETS AT 6AM	Cycling 6:15am – 45min Instructor: Shelby	Synergy 7:00am – 60min Instructor: Shelby	Synergy is a blend of Yoga styles created by Shelby. All Classes: \$24 each or \$190 for 10
Cycling 9:15am – 45min Instructor: Garfield NEW		Rhythm Boxing 8:30am – 60min Instructor: Garfield NEW Rhythm Boxing 9:30am – 60min Instructor: Garfield		Rhythm Boxing 8:30am – 60min Instructor: Garfield NEW Rhythm Boxing 9:30am – 60min Instructor: Garfield	Cycling 8:15am – 45min Instructor: Shelby	
Pilates 1:30 – 2:30; 10 week block	Cycling 10:15am – 45min Instructor: Shelby		Cycling 10:15am – 45min Instructor: Shelby Synergy 11am – 60min Instructor: Shelby		Cycling 9:05am – 45min Instructor: Shelby	Weekly sign-up Tuesday Morning 416.925.5706
Cycling 5:30pm – 45min Instructor: Vlad			Cycling 6:15pm – 45min Instructor: Vlad			Full Moon Ride 90 min ride 30 min Synergy Instructor: Shelby ONCE A MONTH: CALL FOR DATE/TIME

All classes require a minimum 24-hour cancellation notice