

## 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
	<b>Cycling</b> 6:15am – 45min Instructor: Shelby		RUNNING GROUP MEETS AT 6AM <hr/> <b>Cycling</b> 6:15am – 45min Instructor: Shelby		<b>Synergy</b> 7:00am – 60min Instructor: Shelby	Synergy is a blend of Yoga styles created by Shelby.
		<b>Rhythm Boxing</b> 8:30am – 60min Instructor: Garfield  <b>Rhythm Boxing</b> 9:30am – 60min Instructor: Garfield		<b>Rhythm Boxing</b> 9:15am – 60min Instructor: Garfield	<b>Cycling</b> 8:15am – 45min Instructor: Shelby	
	<b>Cycling</b> 10:15am – 45min Instructor: Shelby		<b>Cycling</b> 10:15am – 45min Instructor: Shelby  <b>Synergy</b> 11am – 60min Instructor: Shelby		<b>Cycling</b> 9:05am – 45min Instructor: Shelby	Sign-up Tuesday Morning 416.925.5706
<b>Cycling</b> 5:30pm – 45min Instructor: Vlad						

All classes require a minimum 24-hour cancellation notice