

Studio 1 Schedule | Sept 2 - Dec 21 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING CLASSES			7:30 - 8AM		7:30 - 8AM	Book classes on your YWCA Health + Fitness Centre mobile app!	
			Sculpt Express w/ Sandy		Sculpt Express w/ Sandy		
	9:15 - 11:45AM						
	Pickleball \$ (shared space)	Pickleball \$ (shared space)	Pickleball \$ (shared space)	Pickleball \$ (shared space)	Pickleball \$ (shared space)		
						9 - 10AM	
						Dance Party w/ Rotating Instructors	
						10:30 - 11:30AM	
						Yoga Flow w/ Todd	Yoga Flow w/ Jenna
AFTERNOON CLASSES	12:15 - 1PM					11:45AM - 12:30PM	
	Strength & Cardio w/ Alex	Strength & Cardio w/ Josh	Pilates Mat w/ Hector	Strength Total Body w/ Alesya	Strength Total Body w/ Hector	Be Fit \$ w/ Alesya	
	1:15 - 2PM					1:15 - 5:15PM	
	Zumba w/ Kane	Strength Total Body w/ Melissa	Restorative Stretch w/ Jody	Yoga Flow w/ Jill M	Step w/ Annie	Pickleball \$ (shared space)	Pickleball \$ (shared space)
		2:15 - 3:45PM	4:15 - 5PM	2:15 - 3:45PM			
		Pickleball \$ (shared space)	Strength Total Body w/ Alex	Pickleball \$ (shared space)			
EVENING CLASSES	5:15 - 6:15PM						
	HIIT w/ Sandy	DanceFit w/ Johanna	HIIT w/ Josh	Core & Stretch w/ Chris	Bollywood w/ Manitha		
	6:30 - 7:30PM			6:30 - 7:30PM			
	Zumba Toning w/ Maybelin	Karate w/ Hamid (till 8pm)		HIIT w/ Jenna	Karate w/ Hamid (till 8pm)		
	8 - 9PM						
	Pickleball \$ (shared space)	Pickleball \$ (shared space)	Pickleball \$ (shared space)	Pickleball \$ (shared space)	Pickleball \$ (shared space)		
							Color codes: Strength Cardio Pilates Yoga Stretch Dance Exercise Martial Arts

Color codes:
 Strength | Cardio ●
 Pilates | Yoga | Stretch ●
 Dance Exercise ●
 Martial Arts ●