

# Studio 2 Schedule | Sept 2 - Dec 21 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING CLASSES		10:30 - 11:15AM		9 - 12PM	10:30 - 11:15AM	Book classes on your YWCA Health + Fitness Centre mobile app!	
		Leslie Diamond Childcare (LDC)		Shiatsu \$ w/ Cameron (shared space)	Leslie Diamond Childcare (LDC)		
AFTERNOON CLASSES	12:15 - 1PM						9 - 10AM
	Pilates Mat w/ Jen	Power Yoga w/ Megha	DanceFit w/ Johanna	Tone w/ Miriam	Yoga Flow w/ Johanna		Tai Chi w/ Stuart
	1:15 - 2PM						12PM - 1PM
	Yoga Flow w/ Sat	Barre & Stretch w/ Johanna					Joint by Joint \$ w/ Jenna
	4:15 - 5PM						
	Power Yoga w/ Lucy						
EVENING CLASSES	5:15 - 6:15PM					\$ - Fees apply  Studio rules and etiquette are posted in each studio and on our website.  If you cannot make your class, please unregister to release the spot to someone else. No shows may be charged a \$10 fee. You can update your availability on your mobile app.  Color codes: Strength   Cardio Pilates   Yoga   Stretch Dance Exercise Martial Arts	
	Yang to Yin Yoga w/ Geet	Core & Stretch w/ Chris	Pilates Fusion w/ Johanna	Zumba w/ Maybelin	Yin & Meditation w/ Jillian		
	6:30 - 7:30PM		6:30 - 7:30PM				
	Recovery w/ Sam	Hatha Yoga w/ Yankei	Hatha Yoga w/ Gabriela				