



STUDIO FITNESS

at Sixth Ave.

May-June 2018	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM	Group Training		Group Training		Group Training		
7:00AM	Group Training		Group Training		Group Training		
8:00AM							
9:00AM							
10:00AM							
11:00AM							
12:00PM	Group Training		Group Training		Group Training		
1:00PM							
2:00PM							
3:00PM							
4:00PM		4:30PM Group Training		4:30PM Group Training			
5:00PM		Group Training		Group Training			
6:00PM		TNT Circuit Class		TNT Circuit Class			
7:00PM			7:30PM Yoga				
8:00PM							

****Schedule Subject to Change/All training sessions are based on availability**

If your looking to join an existing program or to book a training session contact us at: studiofitness@live.ca or 705-698-9456

Personal Training Available outside scheduled programs.