



STRIDES HEALTH AND FITNESS CLUB GROUP FITNESS SCHEDULE

Ph. 883-3800 www.stridesfitness.ca

Hours of Operation:

Monday - Thursday 5:00am - 10:00pm

Friday 5:00am - 9:00pm

Saturday 8:00am - 8:00pm

Sunday 8:00am - 6:00pm

FALL 2021 (Starts Sept 20, 2021)

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Aerobic Room	MX4 Room	Aerobic Room	MX4 Room	Aerobic Room	MX4 Room	Aerobic Room	MX4 Room	Aerobic Room	MX4 Room	Aerobic Room	MX4 Room	Aerobic Room	MX4 Room
		5:30 - 6:30am RISE & GRIND Scott				5:30 - 6:30am RISE & GRIND Scott							
	8:00am-8:30am MX4 Brandon				8:00am-8:30am MX4 Brandon				8:00am-8:30am MX4 Brandon	8:45am-9:45am CARDIO & STRENGTH Rotating Instructors			
9am-10:00am TOTAL BODY BURN Robyn		9:00 - 10:00am YOGA MORNING FLOW ALL LEVELS Julia		9am - 10:00am TOTAL BODY BURN Robyn				9am - 10:00am TOTAL BODY BURN Robyn		10:00-11:15am HATHA YOGA Julia			
10:30-11:30am FIT, FAB FUN Karen				10:30-11:30am FIT, FAB FUN Karen				10:30- 11:30am Cardio,Stretch & Joint Mobility Karen					
	12:15 - 12:45pm MX4 Brandon				12:15-12:45pm MX4 Brandon				12:15-12:45pm MX4 Brandon				
4:00pm-7:30pm JUNIORS Brandon		4:00pm-7:30pm JUNIORS Brandon		4:00pm-7:30pm JUNIORS Brandon		4:00pm-7:30pm JUNIORS Brandon		4:00pm-7:30pm JUNIORS Brandon					
	6:30pm-7:30pm CUTS & CONDITIONING Brandon	6:30pm-7:30pm TNT TEMPO & TONE Scott			6:30pm-7:00pm MX4 Brandon	6:30pm-7:30pm ZUMBA Darin & Shelley			6:30pm-7:00pm MX4 Brandon				
				7:00pm-8:00pm DE STRESS YOGA Julia				6:30 - 7:30pm MAMBEC Age 4+ Contact: Lavonne Carroll 902-462-5669					

