

Single Session Fitness Class Schedule

TIMMS COMMUNITY CENTRE

April 29 – June 30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin & Stretch 6:15am-7:15am Tracy	15-15-15 6:15am-7:00am Leanne		15-15-15 6:15am-7:00am Leanne	Power Yoga 6:15am- 7:15am Tracy		
				CORE Express 7:30-8:15am Amber		
Cardio Combo 9:00am-10:00am Amber	Body Pump 8:30-9:30am Amber	Cardio Combo 9:00am-10:00am Amber	Body Pump 8:30am-9:30am Amber	Cardio Combo 9:00am-10:00am Tracy	Spin & Yoga 8:15am- 9:30am Lynn	
Gentle-fit 10:30am-11:30am Amber	Flow Yoga 9:00am-10:00am Tracy	Gentle-fit 10:30am-11:30am Sue		Gentle-fit 10:30am-11:30am Amber	Spin & Sculpt 9:45am-10:45am Carlene	Spin & Sculpt 9:00-10:00am Shirley
	Gentle Cycle 10:30am-11:00am Sue	Fitness Therapy 11:00am-12:00pm Lynn	Gentle Cycle 10:30am-11:00am Sue	Fitness Therapy 11:00am-12:00pm Lynn		H.I.I.T & Yoga 10:30am – 11:30am Bridget
Body Toning Express 12:00pm-12:45pm Tracy	Gentle-fit 11:30am-12:30pm Sue	TRX Express 12:00pm-12:45pm Hannah	Gentle-fit 11:30am-12:30pm Sue	Zumba Gold 12:00 – 12:45pm Anett		
	Bodysculpt Express 1:00pm-1:45pm Amber	Yoga Express 1:00pm-1:45pm Lynn	TBC Express 1:00-1:45pm Amber	Yoga Express 1-1:45pm Lynn		
Bodysculpt 4:45pm – 5:45pm Anett	Spin & Sculpt 4:45pm-5:45pm Carlene	Bootcamp 4:45pm-5:45pm Tracy	Spin & Sculpt 4:45pm-5:45pm Lynn	Zumba Fitness 4:45pm – 5:45pm Anett	Body Toning 12:30 – 1:30pm Sarah	
Spin & Yoga 5:15pm – 6:30pm Wendy	Yogalates 5:00pm – 6:15pm Chantal					Mix-Fit 5:00pm – 6:00pm Sarah
Metabolic Burn Express 6:15-7:00pm Carlene	ABT 6:00pm – 7:00pm Lynn	Bolly-X 6:00-7:00pm Anett	Mix-Fit 6:00pm-7:00pm Leanne	Stretch & Roll 6:00-7:00pm Sarah	Indoor Cycle	Yoga/ Stretch
	Spin Express 6:15-7pm Hanna	Spin & Stretch 6:15pm – 7:15pm Shirley				Dance
Zumba Fitness 7:30pm-8:30pm Catherine	Deep Stretch Yoga 7:15pm-8:15pm Hannah	Restorative Yin Yoga 7:15-8:15pm Tracy	Deep Stretch Yoga 8:00pm – 9:00pm Hannah			Cardio/ Strength
					Please check website for weekly schedule updates: langleycity.ca	