

MON	TUE	WED	THUR	FRI	SAT	SUN
	6:00-6:45am <b>BIKE</b> Jodi (45 min)		6:00-6:45am <b>BIKE</b> Jodi (45 min)		8:00-8:45am <b>BIKE</b> Gabriela	8:00-9:00am <b>BIKE</b> Sue
9:00-9:45am <b>BIKE</b> Louise (45 min)	9:15-10:00am <b>ZUMBA®</b> Sonia (45 min)	9:00-9:45am <b>BIKE</b> Lesley (45 min)	9:15-10:00am <b>Wynndurance</b> Pat (45 min)	9:00-9:45am <b>Boot Camp</b> Pat (45 min)	9:00-10:00am <b>Wynn-Tabata</b> Gabriela (New Format, See Class Descriptions for Details)	9:00-10:00am <b>ZUMBA®</b> Michelle
9:45-10:15am <b>Body Blast Express</b> Louise (30 min)	10:00-11:00am <b>Pilates</b> Diana	9:45-10:15am <b>Body Blast Express</b> Lesley (30 min)	10:00-10:45am <b>Fusion Toning</b> Pat (45 min)	9:45-10:10am <b>25 min Abs</b> Pat	10:00-11:00am <b>BIKE</b> Gabriela	
		10:30-11:30am <b>Yoga</b> Diba		10:30-11:30am <b>Yoga</b> Diba		

**Evening Classes**

6:00-6:25pm <b>25 Min. Abs</b> Gabriela	6:00-6:55pm <b>Body Blast</b> Emma	6:00-6:25pm <b>25 Min. Abs.</b> Sheri	5:30-6:30pm <b>BIKE</b> Sue	<p style="text-align: center;"><i>Summer is Here!</i></p> <p><b>We have a slightly reduced schedule for summer to reflect the drop in attendance due to vacations and outdoor activities. However summer is a great time to try new things so we have added two new formats to our schedule that are exclusive to Wynn Fitness!</b></p> <p><b>Check out Wynn Sprints on Tuesday nights at 7pm and Wynn-Tabata on Saturday mornings at 9am. These high intensity classes will keep you in shape for summer!</b></p> <p>If you have any questions or feedback please do not hesitate to contact me at pat_morton@sympatico.ca</p> <p>Pat Morton - Group Exercise Manager</p>
6:30-7:25pm <b>Bike</b> Gabriela (Format Change)	7:00-7:30pm <b>WynnSprints</b> Emma (30 min) (New Format)	6:30-7:25pm <b>BIKE</b> Sheri	6:30-6:55pm <b>Body Blast Express</b> Tammy (30 min)	
7:30-9:00pm <b>Yoga</b> Mr. Yoga; Daniel (90 min)	7:30-8:30pm <b>ZUMBA®</b> Nile (Time Change)	7:30-9:00pm <b>Yoga</b> Lisa (90 Min)	7:00-7:45pm <b>Step</b> Tammy (45 min)	
			7:45-8:30pm <b>ZUMBA®</b> Sonia (45 min)	