



ANYTIME FITNESS

MAPLE

GROUP EXERCISE CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:15-10:15AM ZUMBA CLAUDIA *NEW CLASS*	9:15-10:00AM PILATES HOPE	9:15-10:15AM TONE & BUILD CHRIS	9:15-10:15AM SPIN & TONE HOPE	9:15-10:15AM TONE & BUILD MICHELLE	8:00-9:00AM SPIN PIERO
10:15-11:15AM YOGA LINA *NEW CLASS*	10:00-11:00AM SPIN HOPE		10:15-11:00AM SOCACIZE HOPE		9:00-10:00AM TONE & BUILD MELISSA
EVENING CLASSES					
6:00-7:00PM SPIN PIERO	6:00-7:00PM YOGA LINA	6:00-7:00PM BUILD & TONE CHRIS *NEW CLASS*	6:00-7:00PM BUNS & THIGHS MELISSA *NEW CLASS*	7:00-8:00PM SPIN & TONE ANGIE	
7:00-8:00PM TONE & BUILD MELISSA	7:00-8:00PM BUNS & THIGHS SABRINA *NEW CLASS*	7:00-8:00PM SPIN ANGIE	7:00-8:00PM ZUMBA CATH		
8:00-9:00PM YOGA LINA	SPIN COMING OCTOBER	8:00-9:00PM ZUMBA CLAUDIA	8:00-9:00PM YOGA LINA		

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