



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15 - 10:15AM H.I.I.T Amanda	9:15 - 10:15AM STRENGTH Amanda	9:15 - 10:15AM PILATES Diana	9:15 - 10:15AM BARBELL STRENGTH Diana	9:15 - 10:15AM ** GROUP TRAINING ** Mike	9:00 - 10:00AM SPIN Karen	
					10:00 - 11:00AM BOOTCAMP Karen	

Evening Classes

6:00 - 7:00PM ROCK BOTTOM & CORE Chris	8:00 - 9:00PM **GROUP TRAINING ** Emmanuel	6:30 - 7:30PM SPIN Karen	6:00 - 7:00PM PURE STRENGTH Mark			
6:30 - 7:30PM **GROUP TRAINING ** Mike	8:00 - 9:00PM ZUMBA Claudia	6:30 - 7:30PM **GROUP TRAINING ** Mike	7:00 - 8:00PM ZUMBA Claudia			
7:00 - 8:00PM SPIN Diana		7:30 - 8:30PM PILATES Diana	8:00 - 9:00PM **GROUP TRAINING ** Emmanuel	<p style="text-align: center;">Summer Schedule</p> <p style="text-align: center;">** Group Training**SESSIONS can be purchased at the front desk. New to the programs? Ask us about a free trial! Please inquire within.</p> <p style="text-align: center;">If you have any questions or feedback please contact us at: WoodbridgeON@anytimefitness.com</p>		
8:00 - 9:00PM PILATES Diana						