

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING CLASSES							9:00 am INSANITY Gym
LUNCH CLASSES*	12:00 pm ZUMBA Gym Family Friendly Class	BUTTS & BALLS Studio	TOTAL TONING Studio	PILATES Studio	ZUMBA Studio	YOGA Studio	10:00 am ZUMBA Gym
		ZUMBA Gym	SPIN Gym	MID-DAY CARDIO BOOST Gym	SPIN & CORE Gym		10:30 am CARDIO DRUMFIT Studio
AFTERNOON CLASSES		1:30 pm IN SHAPE 50+ Studio					
EVENING CLASSES		5:30 pm ZUMBA Gym		5:30 pm ZUMBA Gym		5:30 pm SIHANATHANG MARTIAL ARTS** Studio	
		6:30 pm SIHANATHANG MARTIAL ARTS** Studio		6:30 pm SIHANATHANG MARTIAL ARTS** Studio			

For 2017 there will not be classes on the following dates:
Victoria Day, Canada Day, July 3rd, August 3rd, Labour Day, Thanksgiving Day, Remembrance Day, November 13th, Christmas Eve, Christmas Day, Boxing Day, New Year's Eve, New Year's Day.

*Classes begin at 12:10 pm unless otherwise noted
**Registered class, please register at the front desk.

Please check our website
and social media for
changes or cancellations.



Follow us on Twitter!

@YWCARegina



@YWCASWellness

Like us on Facebook!

facebook.com/YWCARegina