

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

For 2017 there will not be classes on the following dates:  
 Victoria Day, July 3<sup>rd</sup>, August 3<sup>rd</sup>, Labour Day, Thanksgiving Day,  
 Remembrance Day, November 13<sup>th</sup>, 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.

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 changes or cancellations.



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