



reh-fit
centre

Group Fitness Schedule

Effective July 1, 2017

Class schedule and location subject to change.

Check www.reh-fit.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:15 - 7:00 am (A) Ride	6:15 - 6:45 am (FA) Indo-Row	6:15 - 7:00 am (A) Bars & Bells	6:15 - 6:45 am (A) HIIT	6:15 - 7:00 am (A) Ride	
	7:00 - 7:30 am (FA) S & S	7:00 - 7:30 pm (FA) TBC Express	7:00 - 7:30 am (FA) S & S	7:00 - 7:30 am (FA) S & S	7:00 - 7:30 am (FA) Core Balance	
	8:15 - 9:10 am (FA) 20/20	8:15 - 9:10 am (FA) TBC	8:15 - 9:10 am (FA) TBC	8:15 - 8:45 am (FA) Cardio Fit	8:15 - 9:10 am (FA) TBC	
	8:30 - 9:25 am (A) Sculpt		8:30 - 9:25 am (A) Sculpt Circuit			8:30 - 9:25 am (FA) TBC
9:00 - 9:55 am (A) Zumba	9:15 - 9:45 am (FA) Core Balance		9:15 - 9:45 am (FA) S & S		9:15 - 9:45 am (FA) Cardio-Fit	9:00 - 9:55 am (A) High Fitness
	9:30 - 10:25 am (A) Cardio Interval	9:30 - 10:25 am (A) Plyoflex	9:30 - 10:25 am (A) Sculpt Circuit	9:30 - 10:25 am (A) MIIT	9:30 - 10:25 am (A) 4 x 4	
10:00 - 10:30 am (A) HIIT	10:00 - 10:30 am (FA) S & S	10:00 - 10:30 am (FA) Cardio-Fit	10:00 - 10:30 am (FA) Cardio-Fit	10:00 - 10:30 am (FA) S & S	10:00 - 10:30 am (FA) Core Balance	10:00 - 10:30 am (FA) S & S
		10:30 - 11:00 am (A) Zumba				10:00 - 10:45 am (A) Bars & Bells
10:30 - 11:00 am (FA) Indo-Row						
10:45 - 11:30 am (A) Ride		10:45 - 11:15 am (FA) Indo-Row		10:45 - 11:15 am (FA) Indo-Row		
		11:15 - 11:45 am (A) Gentle Fit		11:15 - 11:45 am (A) Gentle Fit	11:15 am - 12:10 pm (A) Zumba	11:15 am - 12:10 pm (A) Ride/Sculpt
11:15 - 11:45 am (FA) Core Balance						
	12:00 - 12:30 pm (FA) S & S	12:00 - 12:30 pm (FA) Core Balance	12:00 - 12:30 pm (FA) Core Balance	12:00 - 12:30 pm (FA) S & S	12:00 - 12:30 pm (FA) S & S	
	12:00 - 12:45 pm (A) Ride	12:00 - 12:30 pm (A) HIIT	12:00 - 12:55 pm (A) Ride/Sculpt	12:00 - 12:45 pm (A) Wts/Stretch	12:15 - 1:00 pm (A) Ride	
	1:30 - 2:25 pm (FA) TBC		1:30 - 2:25 pm (FA) 20/20		1:30 - 2:00 pm (FA) TBC Express	
					4:30 - 5:25 pm (A) Plyoflex	
	5:00 - 5:30 pm (FA) S & S	5:00 - 5:30 pm (FA) TBC Express		5:00 - 5:30 pm (FA) S & S	5:00 - 5:55 pm (FA) Indo-Row/Sculpt	
				5:30 - 6:00 pm (A) HIIT		
	5:30 - 6:00 pm (FA) Core Balance	5:30 - 6:25 pm (A) Ride/Sculpt	5:30 - 6:00 pm (FA) Cardio-Fit		5:30 - 6:25 pm (A) Zumba	
	5:00 - 5:55 pm (A) High Fitness		5:30 - 6:25 pm (A) Circuit			LEGEND
	6:00 - 6:30 pm (FA) Indo-Row			6:00 - 6:45 pm (FA) Row/Ride Circuit		
	6:30 - 7:15 pm (A) Ride	6:30 - 7:00 pm (A) HIIT	6:30 - 7:15 pm (A) Ride	6:15 - 7:10 pm (A) Cardio Interval		FA = Fitness Area Hardwood Floor
		7:00 - 7:45 pm (FA) Row/Ride Circuit	7:00 - 7:55 pm (FA) TBC			Level 1
	7:30 - 8:25 pm (A) Zumba		7:30 - 8:15 pm (A) Bars & Bells			Level 2-3