



GRP.X SCHEDULE

AS OF SEPTEMBER 8, 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Spinning 6h15 Jack 60 m HIT		Spinning 6h15 Jack 60 m HIT			
Body Works 7h Kelly 60 m GF		Body Works 7h Kelly 60 m GF		Body Works 7h Kelly 60 m GF		
Audley' Cardio 8h30 Audley 60 m GF		Audley' Cardio 8h30 Audley 60 m GF				
Circuit Training 8h45 Miel 45 m HIT		Circuit Training 8h45 Miel 45 m HIT	Basic Mat Pilates 8h45 Miel 45 m GF MB			
Audley's Cardio 9h30 Audley 60 m GF	Basic Mat Pilates 9h45 Kasia 60 m GF MB	Audley's Cardio 9h30 Audley 60 m GF	Hatha Yoga 9h35 Marie 90 m MB	Audley's Cardio 9h30 Audley 60 m GF	Bootcamp 11h Patrick 60 m HIT	Hatha Yoga 10h Marie 75 m MB
Hatha Yoga 10h45 Marie 75 m MB	Stretch & Posture 11h15 Kasia 60 m GF MB		Stretch & Posture 11h15 Kasia 60 m GF MB	Fusion 11h Wendy 60 m GF		
	Cross Training 12h Guy 60 m HIT	Spinning 12h15 Kelly 45 m HIT	Cross Training 12h Guy 60 m HIT	Spinning 12h15 Kelly 45 m HIT		
Beach Body Brazil 17h30 Patrick 60 m GF	JR CrossTrain 17h Patrick 60 m HIT ♦	Beach Body Brazil 17h30 Patrick 60 m GF	JR CrossTrain 17h Patrick 60 m HIT ♦			
Spinning 18h Kelly/Mark 60 m HIT	Power Yoga 17h30 Wendy 60 m MB	Elite Physique 18h35 Guy 55 m GF		Restore Yoga 17h30 Wendy 60 m MB		
Elite Physique 18h35 Guy 55 m GF						

LEGEND

Gym

CrossFit Studio

Studio

Outdoor

General Fitness GF

High Intensity Training HIT

Mind & Body MB

Reservation required ♦

FOR ALL GRP.X CLASS DESCRIPTIONS VISIT OUR WEBSITE AT WWW.CLUBATWATER.CA



FOR ANY QUESTIONS OR COMMENTS CONTACT SDONOVAN@CLUBATWATER.CA
CLASS MAY BE CANCELLED BASED ON ATTENDANCE.