

	MON	TUES	WED	THURS	FRI	SAT	SUN
7:00 a.m.	6:30AM CROSS TRAIN RUNNERS ♦					6:30AM CROSS TRAIN RUNNERS ♦	
8:00 a.m.							
9:00 a.m.		9:15AM HATHA LEVEL I/II				9:00AM CROSS TRAIN RUNNERS ♦	
10:00 a.m.						9:15AM YOGA FOR RUNNERS	
11:00 a.m.		10:30AM GENTLE YOGA		10:30AM GENTLE YOGA	10:45AM MINDFUL FITNESS for AGING WELL	10:15AM GENTLE YOGA	
12:00 p.m.	12 NOON STOTT® INTERMEDIATE PILATES	12 NOON WOMENS TONE-UP	12 NOON STOTT® INTERMEDIATE PILATES	12 NOON WOMENS TONE-UP	12 NOON HATHA LEVEL I/II	11:30AM GENTLE YOGA	
1:00 p.m.						1-2:15 PM BOXING LEVEL II ♦	
2:00 p.m.							
3:00 p.m.							
4:00 p.m.							
5:00 p.m.				5:00PM YIN FLOW			
6:00 p.m.	6:15PM YOGA CORE	5:30PM CROSS TRAIN RUNNERS ♦	6-7PM CROSS TRAIN RUNNERS ♦		6:30PM YOGA FOR RUNNERS		
7:00 p.m.		6:45PM YOGA FOR RUNNERS		6:30PM BOXING FUNDAMENTALS ♦			
8:00 p.m.	7:30PM CROSS TRAIN RUNNERS ♦	8-9:15 RESTORATIVE/ YIN YOGA		8:00PM CROSS TRAIN RUNNERS ♦			

All classes are on a drop-in basis unless pre-registration is indicated. ♦

† Bring a friend who is new to Fit Journey, and when they buy a 5-class pass or more, you get a FREE Class card

Visit [www.fitjourney.ca](http://www.fitjourney.ca)

Upcoming events and workshops: Yin/Thai Massage Workshops: Sundays April 9, June 11, 'Mindfulness & Peace' Yoga Retreat, May 12 - 14



**Sandy LeBlanc**

CYT (YA), PTS, BA

416.618.7558

sandy@fitjourney.ca

566 Annette Street  
Toronto, ON M6S 2C2