



STUDIO SCHEDULE SUMMER 2017

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

†† Unlimited Summer Pass applies only to person registered, and for all yoga and daytime fitness classes.

Does not apply to pre-registered series or workshops.

Visit www.fitjourney.ca



Sandy LeBlanc

CYT (YA), PTS, BA

416.618.7558

sandy@fitjourney.ca

566 Annette Street

Toronto, ON M6S 2C2