

| | 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. | | | | | | | |
| 6:00 p.m. | 6:15PM YOGA CORE | 5:30PM CROSS TRAIN RUNNERS ♦ | 6-7PM CROSS TRAIN RUNNERS ♦ | 6:30PM BOXING FUNDAMENTALS ♦ | 6:30PM YOGA FOR RUNNERS | | |
| 7:00 p.m. | | 6:45PM YOGA FOR RUNNERS | | | | | |
| 8:00 p.m. | 7:30PM CROSS TRAIN RUNNERS ♦ | 8-9:15 RESTORATIVE/ YIN YOGA | 7:30PM YOGA FOR ANXIETY & STRESS | 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

♦ Cross Train Runners and Boxers: 6-class Yoga Deal \$50 + hst, expires Oct 28

Visit www.fitjourney.ca

Upcoming events and workshops:

Yin/Restorative/Thai Massage Workshops: Sundays, 2:30-4pm, Sept 17, Oct 15, Nov 12, Dec 10;



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