

STUDIO SCHEDULE

JUNE, 2017

	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.		10:30AM GENTLE YOGA		10:30AM GENTLE YOGA		10:15AM YOGA FOR RUNNERS	
11:00 a.m.					10:45AM MINDFUL FITNESS for AGING WELL		
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	7:15-8:15 MINDFUL MEDITATION				
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

†† Summer Pass applies only to person registered, and for all yoga, and noon classes. Does not apply to pre-registered series or workshops.

Visit www.fitjourney.ca

Upcoming events and workshops: Yin/Thai Massage Workshop: Sunday, June 11;
Foam Rolling Workshop, June 25



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