

	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.							
11:00 a.m.	10:30AM SLOW STRETCH SERENITY	10:30AM GENTLE YOGA		10:30AM GENTLE YOGA	10:45AM MINDFUL FITNESS for AGING WELL	10:15AM YOGA FOR RUNNERS	
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 ♦				
7:00 p.m.		6:45PM YOGA FOR RUNNERS		6:30PM BOXING FUNDAMENTALS ♦	6:30PM CROSS TRAIN RUNNERS STRICTLY KBs ♦		
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 April 28, 2018

Visit www.fitjourney.ca

Upcoming events and workshops:

Yin/Restorative/Thai Massage Workshop: Sundays 2:30 - 4pm: Mar 4, Apr 8, May 6, June 3

Long Weekend Yoga Retreat at Harmony Dawn: May 18 - 21st

'Pilates for Aging' Workshop: Sunday, March 18, 2018

'Foam Rolling' Workshop: Sunday, April 22, 2018



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