

SPINNING SCHEDULE

MUST BE A SPINNING SECTION MEMBER TO PARTICIPATE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7 - 7:45 am SPINNING with Marysia		6:30 - 7:30 am * SPINNING GAMES with Lori	7 - 7:45 am SPINNING with Marysia	10 - 10:45 am SPINNING with Shawn	9:30 - 11 am * SPINNING with Deirdre
12:30 - 1:15pm SPINNING with Carmen	12 - 12:45 pm SPINNING with Blair	12:30 - 1:15 pm SPINNING with James	12 - 12:45 pm SPINNING GAMES with Lori	12:30 - 1:15 pm SPINNING with Aisha		
	1 - 2 pm SPINNING * with Blair		1 - 2 pm * SPINNING with Blair			
6 - 7pm SPINNING GAMES * with Lori	5:30 - 6:15 pm MIND/BODY SPIN with Jorhdin	5:30 - 6:30 pm * SPINNING with Kimchan				

SPINNING CLASS LEVEL GUIDE:

- * **Advanced**
= 1 hour class
- + **Advanced 2**
= 1.5 hour class
- ♦ **Beginner**

All other classes are 45 minutes

PAID PROGRAMING

WINTER 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1:45 - 2:30 pm FLEX IT! with Anna	7:30 - 8:30 am BOXING with Dexter 10-wk group class beginning Oct. 1st	3 - 4 pm YOGA FOR MEN with Janice	7:30 - 8:30 am YOGA FOR MEN with Janice	1:45 - 2:30 pm FLEX IT! with Anna	10:30 am - 12 pm BOXING with Dexter	
2 - 3 pm HATHA YOGA with Ian		4:45 - 5:30 pm FLEX IT! with Anna	1:45 - 2:30 pm STUDIO CIRCUIT with Ann Marie		12:15 - 1:45 pm WWT	
		6:30 - 7:30 pm BOXING with Dexter 10-wk group class beginning Oct. 1st				

For more information please contact **Patsy McLean** at 416-367-9957 ext 286 or by email at patsy@adelaideclub.com



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