

# JULY 2025

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
8:00am	<div>6:30AM - 10:30AM</div> <div>Sundays the studio is being cleaned from 6:30am to 10:30am</div> <div>Please check with sta if you are all clear to enter to work out</div>	STRENGTH/CORE/MORE 9:00am-9:50AM		50% Cardio Step 50% Strength 9:00am-9:50am				
8:15am								
8:30am								
8:45am								
9:00am								
9:15am			Indoor Cycle SPIN 9:15AM-10:00AM		Indoor Cycle SPIN 9:15AM-10:00AM			
9:30am		Power Hour 10:10-11:00AM				Power Hour 10:10am-11:00AM	Simply Stretch 10:15 - 11:15 am	Power Hour 10:10am-11:00AM
9:45am								
10:00am								
10:15am			Simply Stretch 10:15 - 11:15 am		Simply Stretch 10:15 - 11:15 am			
10:30am								
10:45am								
11:00am								
11:15am								
11:30am								
11:45am								
12:00pm		Fit For Function Chair Class 12-12:45pm		Fit For Function Chair Class 12-12:45pm		Indoor Cycling with Tammy 12-12:45pm		
12:15pm								
12:30pm								

		Monday evening	Tuesday evening	Wednesday evening	Thursday evening	Friday evening	
5:15pm		Indoor Cycling with Tammy 5:15-6:15	All levels Yoga with Claire 5:15pm to 6:15pm	ALL NEW HIIT CIRCUIT w LACEY 5:15PM - 6:15PM	ALL NEW CARDIO BOXING LEVEL1 w KIM 5:15PM - 6:15PM		NO CLASSES JULY 1st Canada Day Holiday
6:00pm							
6:15pm							
6:30pm		SPIN-DURANCE					
6:45pm							
7:00pm			Budo Martial Arts contact Zac 1130nova@gmail.com Private Studio Rental 6:45pm to 9:15pm				
7:15pm							
7:30pm							
7:45pm							
8:00pm							
8:30pm							

## BLUE ZONE WELLNESS AND FITNESS CLASS SCHEDULE