

# Summer Schedule – April 29-Aug 30

MONDAY			
CLASS	INSTRUCTOR	TIME	ROOM/AREA
Body Blast	Anne	6:30-8:30AM	TRX Training Zone
Spin +	Josh	12:05-12:50PM	Cycling Zone
Power Punch	Katherine	1:05-1:50PM	Main Studio
Vinyasa Yoga	Rhonda	12:05-12:50PM	Mind Body Studio
Restorative Yoga	Rhonda	1:05-1:50PM	Mind Body Studio
6 Pack & Backpack	Ashlee	4:30-5:00PM	Main Studio
Body Blast	Avi	5:00-5:45PM	TRX Training Zone
Vinyasa Yoga	Rhonda	6:00-6:45PM	Mind Body Studio

TUESDAY			
CLASS	INSTRUCTOR	TIME	ROOM/AREA
Insanity	Josh	6:30-7:15AM	Main Studio
6 Pack & Backpack	Josh	7:15-7:30AM	Main Studio
GGG	Jodi	12:05-12:50PM	Main Studio
Yoga	Rhonda	12:05-12:50PM	Mind Body Studio
Insanity	Karen	1:05-1:50PM	Main Studio
Vinyasa Yoga	Rhonda	1:05-1:50 PM	Mind Body Studio
Spin Express	Katherine	4:30-5:00PM	Cycling Zone
6 Pack & Backpack	Katherine	5:15-5:45PM	Main Studio
Guided Meditation (Self Directed)	Self Directed	6:00-6:45PM	Mind Body Studio

WEDNESDAY			
CLASS	INSTRUCTOR	TIME	ROOM/AREA
Guided Meditation (Self Directed)	Self Directed	6:30-7:30AM	Mind Body Studio
6 Pack & Backpack	Avi	11:30-12:00PM	Main Studio
Spin	Helen	12:05-12:50PM	Cycling Zone
Restorative Yoga	Rhonda	12:05-12:50PM	Mind Body Studio
Body Blast	Karen	1:05-1:50PM	TRX Training Zone
Vinyasa Yoga	Dan	1:05-1:50PM	Mind Body Studio
Step	Natalie	4:30-5:15PM	Main Studio
6 pack	Natalie	5:15-5:30PM	Main Studio
Glutes Guts Guns	Taniya	6:00-6:45PM	Main Studio
Restorative Yoga	Melanie	6:00-6:45PM	Mind Body Studio

Sign up online for all classes via our app  
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THURSDAY			
CLASS	INSTRUCTOR	TIME	ROOM/AREA
Yoga	Melanie	6:30-7:15AM	Mind Body Studio
Body Blast	Lukas	12:05-12:50PM	TRX Training Zone
Yoga	Melanie	12:05-12:50PM	Mind Body Studio
GGG	Ashlee	1:05-1:50PM	Main Studio
Vinyasa Yoga	Rhonda	1:05-1:50PM	Mind Body Studio
Body Blast	Taniya	4:30-5:15PM	TRX Training Zone
Dance X	Nanci	5:15-6:00PM	Main Studio
Yoga	Rhonda	6:00-6:50PM	Mind Body Studio

FRIDAY			
CLASS	INSTRUCTOR	TIME	ROOM/AREA
Body Blast	Anne	6:30-8:30AM	TRX Training Zone
Yoga	Rhonda	12:05-12:50PM	Mind Body Studio
Athletic Step	Karen	12:05-12:30PM	Main Studio
6 Pack & Backpack	Karen	12:35-12:55PM	Main Studio
Vinyasa Yoga	Rhonda	1:05-1:50PM	Mind Body Studio

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