

GROUP **exHI**

Winter Schedule 2020, Jan. 6 – May. 1

MONDAY			
CLASS	INSTRUCTOR	TIME	ROOM/AREA
Yoga	Melanie	12:05-12:50 P.M.	Mind Body Studio
Ropes Gone Wild	Avi	12:05-12:50 P.M.	Main Studio
Restorative Yoga	Melanie	1:05-1:50 P.M.	Mind Body Studio
Power Punch	Katherine	1:05-1:30 P.M.	Main Studio
Glutes Guts Guns	Katherine	4:10-4:55 P.M.	Main Studio
Body Blast	Alex	5-5:45 P.M.	TRX Training Zone
Yoga	Rhonda	6-7:30 P.M.	Mind Body Studio
6-Pack and Back pack	Karen	7-7:30 P.M.	TRX Training Zone

TUESDAY			
CLASS	INSTRUCTOR	TIME	ROOM/AREA
Insanity	Josh	6:30-7:15 A.M.	Main Studio
Yoga	Jenn	12:05-12:50 P.M.	Mind Body Studio
Glutes Guts Guns	Jodi	12:05-12:50 P.M.	Main Studio
Vinyasa Yoga	Jenn	1:05-1:50 P.M.	Mind Body Studio
Insanity	Karen	1:05-1:50 P.M.	Main Studio
Body Blast	Alex	4:10-4:55 P.M.	TRX Training Zone
Spin + 6-Pack	Avi	5-5:45 P.M.	Cycling Zone
Restorative Yoga	Sarah	6-6:45 P.M.	Mind Body Studio
Dance-X	Nanci	7:30-8:15 P.M.	Main Studio

WEDNESDAY			
CLASS	INSTRUCTOR	TIME	ROOM/AREA
Vinyasa Yoga	Rhonda	12:05-12:50 P.M.	Mind Body Studio
Spin	Jodi	12:05-12:50 P.M.	Cycling Zone
Yoga	Rhonda	1:05-1:50 P.M.	Mind Body Studio
Body Blast	Karen	1:05-1:50 P.M.	TRX Training Zone
Athletic Step + 6 Pack	Natalie	4:10-4:55 P.M.	Main Studio
Yoga	Jenn	5-5:45 P.M.	Mind Body Studio
Glutes Guts Guns	Lukas	5-5:45 P.M.	Main Studio
Restorative Yoga	Melanie	6-6:45 P.M.	Mind Body Studio
6-Pack and Backpack	Josh	7-7:30 P.M.	TRX Training Zone

THURSDAY			
CLASS	INSTRUCTOR	TIME	ROOM/AREA
Yoga	Melanie	6:30-7:15 A.M.	Mind Body Studio
Restorative Yoga	Sarah	12:05-12:50 P.M.	Mind Body Studio
Body Blast	Anna	12:05-12:50 P.M.	TRX Training Zone
Yoga	Sarah	1:05-1:50 P.M.	Mind Body Studio
Glutes Guts Guns	Ashlee	1:05-1:50 P.M.	Main Studio
Dance-X + 6-Pack	Becca	4:10-4:55 P.M.	Main Studio
Glutes Guts Guns	Lukas	5-5:45 P.M.	Main Studio
Yoga	Melanie	6-6:45 P.M.	Mind Body Studio
Dance-X	Nanci	7:30-8:15 P.M.	Main Studio

FRIDAY			
CLASS	INSTRUCTOR	TIME	ROOM/AREA
Yoga	Dan	12:05-12:50 P.M.	Mind Body Studio
Glutes Guts Guns	Lukas	12:05-12:50 P.M.	Main Studio
Vinyasa Yoga	Dan	1:05-1:50 P.M.	Mind Body Studio
Spin + 6-Pack	Josh	1:05-1:50 P.M.	Cycling Zone
Glutes Guts Guns	Katherine	4:10-4:55 P.M.	Main Studio

Sign up online for all classes via our app (Fanshawe Student Wellness Centre) or studentwellnesscentre.ca

Have you signed up for your FREE orientation program? For more details, come talk to us!!