



# Winter Schedule Jan 6 – May 2, 2025

## MONDAY

Spin + Core  
(12:05 p.m. - 12:50 p.m.)  
Trainer: Tabitha

Yoga  
(1:05 p.m. - 1:50 p.m.)  
Trainer: Shelley

Glutes Guts and Guns (GGG)  
(1:05 p.m. - 1:50 p.m.)  
Trainer: Ashlee

Mobility Method  
(3:00 p.m. - 3:30 p.m.)  
Trainer: Brayant

Total Body Conditioning (TBC)  
(5:00 p.m. - 5:45 p.m.)  
Trainer: Lucas

Yoga  
(6:00 p.m. - 6:45 p.m.)  
Trainer: Melanie

## TUESDAY

Yoga  
(10:00 a.m. - 10:45 a.m.)  
Trainer: Anna

Kick Punch HIIT  
(12:05 p.m. - 12:50 p.m.)  
Trainer: Brayant

Yoga  
(1:05 p.m. - 1:50 p.m.)  
Trainer: Melanie

Total Body Conditioning (TBC)  
(3:00 p.m. - 3:45 p.m.)  
Trainer: Renato

Glutes Guts and Guns (GGG)  
(5:00 p.m. - 5:45 p.m.)  
Trainer: Abi

Dance X  
(6:00 p.m. - 6:45 p.m.)  
Trainer: Nanci

## WEDNESDAY

Glutes Guts and Guns (GGG)  
(10:00 a.m. - 10:45 a.m.)  
Trainer: Jodi

Glutes Guts and Guns (GGG)  
(12:05 p.m. - 12:50 p.m.)  
Trainer: Ashlee

Yoga  
(1:05 p.m. - 1:50 p.m.)  
Trainer: Anna

Total Body Conditioning (TBC)  
(1:05 p.m. - 1:50 p.m.)  
Trainer: Lucas

Total Body Conditioning (TBC)  
(4:30 p.m. - 5:15 p.m.)  
Trainer: Renato

Dance X  
(5:00 p.m. - 5:45 p.m.)  
Trainer: Bimal

Yoga  
(5:00 p.m. - 5:45 p.m.)  
Trainer: Melanie

## THURSDAY

Total Body Conditioning  
(10:00 a.m. - 10:45 a.m.)  
Trainer: Renato

Yoga  
(12:05 p.m. - 12:50 p.m.)  
Trainer: Shelley

Kick Punch HIIT  
(1:05 p.m. - 1:50 p.m.)  
Trainer: Abi

Glutes Guts and Guns (GGG)  
(3:00 p.m. - 3:45 p.m.)  
Trainer: Tabitha

Spin + Core  
(5:00 p.m. - 5:45 p.m.)  
Trainer: Fernando

Dance X  
(6:00 p.m. - 6:45 p.m.)  
Trainer: Nanci

## FRIDAY

Total Body Conditioning  
(12:05 p.m. - 12:50 p.m.)  
Trainer: Brayant

Spin + Core  
(1:05 p.m. - 1:50 p.m.)  
Trainer: Jodi

Mobility Method  
(1:05 p.m. - 1:35 p.m.)  
Trainer: Abi

Sign up for your classes using the Fanshawe Fitness Centre App or at [studentwellnesscentre.ca](http://studentwellnesscentre.ca)

