

# GROUP **ex**H

## Fall Schedule 2023 - Sep. 5 – Dec. 22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spin + Core (12:05p.m.-12:50p.m.) Trainer: Tabitha	Glutes Guts and Guns (GGG) (10:00a.m.-10:45a.m.) Trainer: Ashlee	Kick Punch HIIT (12:00p.m.-12:50p.m.) Trainer: Briyanc	Total Body Conditioning (10:00a.m.-10:45a.m.) Trainer: Briyanc	Glutes Guts and Guns (GGG) (12:05p.m.-12:50p.m.) Trainer: Hannah
Glutes Guts and Guns (GGG) (1:05p.m.-1:50p.m.) Trainer: Ashlee	Total Body Conditioning (TBC) (12:05p.m.-12:50p.m.) Trainer: Lucas	Yoga (1:05p.m.-1:50p.m.) Trainer: Shelley	Yoga (12:05p.m.-12:50p.m.) Trainer: Shelley	Yoga (1:05p.m.-1:50p.m.) Trainer: Tabitha
Yoga (1:05p.m.-1:50p.m.) Trainer: Melanie	Yoga (1:05p.m.-1:50p.m.) Trainer: Melanie	Spin + Core (5:00p.m.-5:45p.m.) Trainer: Fernando	Total Body Conditioning (1:05p.m.-1:50p.m.) Trainer: Jason	
Total Body Conditioning (TBC) (5:00p.m.-5:45p.m.) Trainer: Lucas	Kick Punch HIIT (5:00p.m.-5:45p.m.) Trainer: Hannah	Glutes Guts and Guns (GGG) (6:00p.m.-6:45p.m.) Trainer: Jason	Yoga (5:00p.m.-5:45p.m.) Trainer: Laksh	
Yoga (6:00p.m.-6:45p.m.) Trainer: Melanie	Dance X (6:00p.m.-6:45p.m.) Trainer: Nanci	Yoga (6:00p.m.-6:45p.m.) Trainer: Melanie	Dance X (6:00p.m.-6:45p.m.) Trainer: Nanci	

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

