

# GROUP **ex**

## Winter Schedule 2024 - Jan 2 – May 3

**MONDAY**

Climb Strong  
(10:05p.m.-10:50p.m.)  
Trainer: Anique


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

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

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

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

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

HERE FOR YOU 

**TUESDAY**


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

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

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

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

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

HERE FOR YOU 

**WEDNESDAY**

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


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

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

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

Glutes Guts and Guns (GGG)  
(6:00p.m.-6:45p.m.)  
Trainer: Jason

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

HERE FOR YOU 

**THURSDAY**


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

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

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

Kick Punch HIIT  
(5:00p.m.-5:45p.m.)  
Trainer: Brayant

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


HERE FOR YOU 

**FRIDAY**

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

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

Climb Strong  
(3:05p.m.-3:50p.m.)  
Trainer: Anique

HERE FOR YOU 

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

