

GROUP **exH**

Spring Schedule 2024 - May 6 – Jun 28

MONDAY


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

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

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

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

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




TUESDAY

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

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

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





WEDNESDAY

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

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

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

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





THURSDAY

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

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

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

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



FRIDAY

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

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



Sign up for your classes using the Fanshawe Fitness Centre App or at studentwellnesscentre.ca

