



Fall Schedule 2024 - Sep. 3 – Dec. 20

MONDAY

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

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

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

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

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

TUESDAY

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

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

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

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

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

WEDNESDAY

Spin + Core
(10:00 a.m. - 10:45 a.m.)
Trainer: Fernando

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

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

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

THURSDAY

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

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

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

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

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

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

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

