



Summer Schedule May 5 – June 30, 2025

MONDAY

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

Mobility Method
(1:05 p.m. - 1:50 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
(12:05 p.m. - 12:50 p.m.)
Trainer: Shelley

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

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

WEDNESDAY

Kick Puch HIIT (KPH)
(12:05 p.m. - 12:50 p.m.)
Trainer: Abi

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

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

THURSDAY

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

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

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

FRIDAY

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

Mobility Method
(1:05 p.m. - 1:50 p.m.)
Trainer: Brayant

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

