


# GROUP **ex**

## Virtual Schedule January 1 - March 31, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Core Flow</b> 6:50 a.m. - 7:00 a.m.	<b>Upper Body Burn</b> 6:50 a.m. - 7:00 a.m.	<b>Core Circuit</b> 6:50 a.m. - 7:00 a.m.	<b>Lower Body Burn</b> 6:50 a.m. - 7:00 a.m.	<b>Core Flow</b> 6:50 a.m. - 7:00 a.m.	<b>Bodypump*</b> 9:00 a.m. - 9:45 a.m.	<b>Bodypump*</b> 9:00 a.m. - 9:45 a.m.
<b>HIIT</b> 7:10 a.m. - 7:40 a.m.	<b>Cardio Sculpt</b> 7:10 a.m. - 7:40 a.m.	<b>Strong</b> 7:10 a.m. - 7:40 a.m.	<b>Yoga</b> 7:10 a.m. - 7:40 a.m.	<b>HIIT</b> 7:10 a.m. - 7:40 a.m.	<b>BodyCombat*</b> 10:00 a.m. - 10:45 a.m.	<b>BodyCombat*</b> 10:00 a.m. - 10:45 a.m.
<b>Mobility Boost</b> 7:50 a.m. - 8:00 a.m.	<b>Mobility Boost</b> 7:50 a.m. - 8:00 a.m.	<b>Mobility Boost</b> 7:50 a.m. - 8:00 a.m.	<b>Core Flow</b> 7:50 a.m. - 8:00 a.m.	<b>Mobility Boost</b> 7:50 a.m. - 8:00 a.m.	<b>BodyAttack*</b> 11:00 a.m. - 11:45 a.m.	<b>BodyAttack*</b> 11:00 a.m. - 11:45 a.m.
<b>BodyPump *</b> 9:00 a.m. - 9:30 a.m.	<b>BodyBalance*</b> 9:00 a.m. - 9:30 a.m.	<b>Body Attack *</b> 9:00 a.m. - 9:30 a.m.	<b>Dance *</b> 9:00 a.m. - 9:30 a.m.	<b>Body Combat*</b> 9:00 a.m. - 9:30 a.m.	<b>BodyBalance *</b> 12:00 p.m. - 12:45 p.m.	<b>BodyBalance *</b> 12:00 p.m. - 12:45 p.m.
<b>Stretch: Legs &amp; Wrists</b> 11:30 a.m. - 11:45 a.m.	<b>Stretch</b> 11:30 a.m. - 11:45 a.m.	<b>Stretch: Neck &amp; Shoulder</b> 11:30 a.m. - 11:45 a.m.	<b>Stretch</b> 11:30 a.m. - 11:45 a.m.	<b>Stretch: Back &amp; Posture</b> 11:30 a.m. - 11:45 a.m.	<b>Dance *</b> 1:00 p.m. - 1:45 p.m.	<b>Dance *</b> 1:00 p.m. - 1:45 p.m.
<b>Core Circuit</b> 11:50 a.m. - 12:00 p.m.	<b>Lower Body Burn</b> 11:50 a.m. - 12:00 p.m.	<b>Core Flow</b> 11:50 a.m. - 12:00 p.m.	<b>Upper Body Burn</b> 11:50 a.m. - 12:00 p.m.	<b>Core Circuit</b> 11:50 a.m. - 12:00 p.m.	<b>Core *</b> 2:00 p.m. - 2:45 p.m.	<b>Core *</b> 2:00 p.m. - 2:45 p.m.
<b>Cardio Sculpt</b> 12:10 p.m. - 12:40 p.m.	<b>Cardio Boxing</b> 12:10 p.m. - 12:40 p.m.	<b>HIIT</b> 12:10 p.m. - 12:40 p.m.	<b>Cardio Sculpt</b> 12:10 p.m. - 12:40 p.m.	<b>Strong</b> 12:10 p.m. - 12:40 p.m.	<b>Cycle*</b> 3:00 p.m. - 3:45 p.m.	<b>Cycle*</b> 3:00 p.m. - 3:45 p.m.
<b>Calm: Breath</b> 1:30 p.m. - 1:40 p.m.	<b>Calm*</b> 1:30 p.m. - 1:40 p.m.	<b>Calm: Visualize</b> 1:30 p.m. - 1:40 p.m.	<b>Calm *</b> 1:30 p.m. - 1:40 p.m.	<b>Quick Calm</b> 1:30 p.m. - 1:40 p.m.	<p>Sign up for your classes using the Fanshawe Fitness Centre App or at <a href="http://studentwellnesscentre.ca">studentwellnesscentre.ca</a></p> 	
<b>Stretch</b> 1:50 p.m. - 2:00 p.m.	<b>Stretch</b> 1:50 p.m. - 2:00 p.m.	<b>Stretch</b> 1:50 p.m. - 2:00 p.m.	<b>Stretch</b> 1:50 p.m. - 2:00 p.m.	<b>Stretch</b> 1:50 p.m. - 2:00 p.m.		
<b>Strong</b> 2:10 p.m. - 2:40 p.m.	<b>Cycle *</b> 2:10 p.m. - 2:40 p.m.	<b>Zumba Toning</b> 2:10 p.m. - 2:40 p.m.	<b>Core *</b> 2:10 p.m. - 2:40 p.m.	<b>Low Impact *</b> 2:10 p.m. - 2:40 p.m.		
<b>Stretch Upper Body *</b> 5:00 p.m. - 5:15 p.m.	<b>BodyBalance*</b> 5:00 p.m. - 5:15 p.m.	<b>Yoga Fusion</b> 4:30 p.m. - 5:15 p.m.	<b>Stretch Hip Mobility *</b> 5:00 p.m. - 5:15 p.m.	<b>Stretch Spine Mobility *</b> 5:00 p.m. - 5:15 p.m.		
<b>Core Flow</b> 6:45 p.m. - 6:55 p.m.	<b>BodyPump Upper Body *</b> 6:45 p.m. - 7:00 p.m.	<b>Core Circuit *</b> 6:45 p.m. - 6:55 p.m.	<b>Body Pump Lower Body *</b> 6:45 p.m. - 7:00 p.m.	<b>Body Pump Arms *</b> 6:45 p.m. - 7:00 p.m.		
<b>Yoga</b> 7:00 p.m. - 7:45 p.m.	<b>Grit: Athletic *</b> 7:00 p.m. - 7:30 p.m.	<b>Cardio Sculpt *</b> 7:00 p.m. - 7:30 p.m.	<b>Grit: Cardio *</b> 7:00 p.m. - 7:30 p.m.	<b>Grit: Strength*</b> 7:00 p.m. - 7:30 p.m.		
<b>Body Balance*</b> 9:00 p.m. - 9:30 p.m.	<b>BodyCombat*</b> 9:00 p.m. - 9:30 p.m.	<b>Bodypump *</b> 9:00 p.m. - 9:30 p.m.	<b>Cycle *</b> 9:00 p.m. - 9:30 p.m.	<b>BodyAttack *</b> 9:00 p.m. - 9:30 p.m.		

On Demand Classes marked with \*