

# WORLD GYM

SUDBURY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>CARDIO FLEX</b> (REG) 9:15-10:00	<b>CFS-15</b> (CARDIOFLEX/STRENGTH) (LISA) 9:15-10:00	<b>STEP</b> (REG) 9:15-10:00	<b>CFS-15</b> (CARDIOFLEX/STRENGTH) (LISA) 9:15-10:00	<b>CARDIO INTERVAL</b> (REG) 9:15-10:00		
<b>FUSION</b> (REG) 10:00-10:45						
<b>YOGA</b> (HEATHER) 12:10-12:55	<b>SPIN</b> (COLETTE) 12:10-12:55	<b>INSTRUCTORS CHOICE</b> (COLETTE) 12:10-12:55	<b>SPIN</b> (COLETTE) 12:10-1:00	<b>BOOTCAMP</b> (PETE) 12:10-12:55		
<b>TABATA</b> (LISE) 1:10-1:55 (1 MIN. CIRCUIT)	<b>CIRCUIT TRAINING</b> (LISE) 1:10-1:55 (WOMEN'S STUDIO)	<b>PUMP</b> (LISE) 1:10-1:55	<b>CIRCUIT TRAINING</b> (LISE) 1:10-1:55 (WOMEN'S STUDIO)	<b>PUMP</b> (LISE) 1:10-1:55		
			<b>YOGA</b> (HEATHER) 1:10-1:55			
	<b>STRONG</b> (BRIGITTE) 4:00-5:00 PM		<b>STRONG</b> (BRIGITTE) 4:00-5:00			
<b>ZUMBA</b> (BRIGITTE) 7:00-8:00		<b>T'AI CHI</b> (CRAIG) 6:00-7:30				