



# Belleville Branch | Group Fitness Classes

## March Break Schedule Effective March 13-19, 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Gentlefit</b> 8:30-9:15am Gym	<b>Cardio Strength</b> 8:30-9:15am Gym	<b>Gentlefit</b> 8:30-9:15am Gym	<b>Cardio Strength</b> 8:30-9:15am Gym	<b>Gentlefit</b> 8:30-9:15am Gym		
<b>Cardio-Core-Sculpt</b> 9:30-10:15am Gym	<b>Dancefit</b> 9:30-10:15am Gym	<b>Cardio-Core-Sculpt</b> 9:30-10:15am Gym	<b>Dancefit</b> 9:30-10:15am Gym	<b>Pilates</b> 9:30-10:15am Gym	<p><b>ALL CLASSES REQUIRE SIGN UP</b></p> <p>PLEASE VISIT OUR WEBSITE: ymcaofceo.ca and CLICK ON 'online booking'</p>	
<b>Yoga</b> 10:30-11:15am Gym		<b>Yoga</b> 10:30-11:15am Gym	<b>Chair Yoga</b> 10:30-11:15am Gym			
<b>Cyclefit</b> 5:30-6:15pm Gym	<b>Cardio-Core-Sculpt</b> 5:30-6:15pm Gym	<b>Cycle-Strength-Core</b> 5:30-6:30pm Gym	<b>HIIT</b> 5:30-6:15pm Gym			
			<b>Yoga</b> 6:30-7:30pm Gym			