



# Belleville Branch | Group Fitness Classes

## Schedule Effective Monday, April 10, 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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>Gentlefit</b> 8:30-9:15am Gym	<b>Cardio-Core-Sculpt</b> 9:00-10:00am 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	
<b>Yoga</b> 10:30-11:15am Gym	<b>Meditation</b> 10:30-11:30am Studio	<b>Yoga</b> 10:30-11:15am Gym	<b>Chair Yoga</b> 10:30-11:15am Gym	<p>ALL CLASSES REQUIRE SIGN UP</p> <p>PLEASE VISIT OUR WEBSITE:  <a href="http://ymcaofceo.ca">ymcaofceo.ca</a> and CLICK ON 'online booking'</p>	
	<b>Cycle-Strength-Core</b> 12:10-12:55pm Gym		<b>Cardio Strength</b> 12:10-12:55pm 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>Mechanics of Movement</b> 6:30-7:30pm Studio			<b>Yoga</b> 6:30-7:30pm Gym		