

ClubMynx Fitness Sept 6th - Sept 12th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6-7 am NEW Boxer-Girl Bliss Rose (20)		6-7am New Sizzlin AM Step Rose (20)			
					9-10am ReggaeTone Shauna (20)	
	9:30-10:30 am Pole Practice/ Open Circuit	9:30-10:30 am Pole Practice/ Open Circuit	9:30-10:30 am Pole Practice/ Open Circuit		10-11 am Zumba Paige (20)	
	10:30-11:30 am Pole Practice/ Open Circuit	10:30-11:30 am Pole Practice/ Open Circuit	10:30-11:30 am Pole Practice/ Open Circuit	11:00-11:45am Beginner Yoga Dawn (20)	11:00-12:00 pm Yoga Flow Jodi (20)	
	12-12:45 pm Upper Body Blast Leanne (20)	12-12:45 pm Fusion (Pilates/Yoga/Core) Tara (20)	12-12:45 pm Zumba Sally (20)	12-12:45 pm Butt & Core Blast Jessie (20)		12:30 - 1:30pm Pole Dancing Shauna
	1-2 pm Zumba Nicole (20)	1-2 pm Lovely Arms & Core Keeley (20)	1-2 pm NEW Hot Bod Dawn (20)	1-2 pm PoleFit Keeley (12)		1:30 - 2:30pm Pole Dancing Ashala
	2:00-3:00 pm Pole Practice/ Open Circuit	2:00-3:00 pm Pole Practice/ Open Circuit	2:00-3:00 pm Pole Practice/ Open Circuit	2:00-3:00 pm Pole Practice/ Open Circuit	<i>2-3:30pm Private Pole Dancing Party</i>	2:30 - 3:30pm Choreography Class Ashala
	3:00-4:00 pm Pole Practice/ Open Circuit	3:00-4:00 pm Pole Practice/ Open Circuit	3:00-4:00 pm Pole Practice/ Open Circuit	3:00-4:00 pm Pole Practice/ Open Circuit		3:30 - 4:30pm Pole Dancing Ashala
	4-4:30 pm Core Quickie Tarra (20)	4-4:30 pm NEW Irresisti-Ball Tarra (20)	4-4:30 pm Upper Body Blast Jessie (20)	4-4:30 pm Sweat Express Jessie (SUB) (20)		
	4:30-5 pm Upper Body Blast Tarra (20)	4:30-5 pm NEW Ply-Oh Baby (Plyometrics) Tarra (20)	4:30-5 pm Core Quickie Jessie (20)	4:30-5 pm Tight Tush Jessie (SUB) (20)	<i>4:30 - 6pm Private Pole Dancing Party</i>	
	5-6 pm Lovely Legs & Core Tarra (20)	5-6 pm Lovely Arms & Core Jillene (20)	5-6 pm Zumba Jill (20)	5-6 pm NEW Latinicious Shauna (20)		
	6-7 pm Power Yoga Tracy (20)	6-7 pm Zumba Jill (SUB) (20)	6-7 pm Ballet Sculpt Tracy (20)		<i>6-7:30pm Private Pole Dancing Party</i>	
	No Pole Class This Week	7:30-8:30pm Pole Dancing Shaunda	7:30-8:30pm Pole Dancing Stephanie		<i>8-9:30pm Private Pole Dancing Party</i>	
	No Pole Class This Week	No Pole Class This Week	8:30-9:30pm Pole Dancing Stephanie			
	No Pole Class This Week	No Pole Class This Week	9:30-10:30pm Pole Dancing Shauna			

**ClubMynx
Studio
Closed**

**In Lieu of
Labour Day!**

*****PLEASE NOTE: CLUBMYNX WILL BE CLOSED MONDAY SEPT 6TH IN LIEU OF THE LABOUR DAY HOLIDAY***
The NEW Monday classes will start Monday September 13th.**

- * For the Month of September Wednesday ZUMBA 6-7pm will be instructed by Jill. Nicole will teach this class starting October 6th.
- * Friday Sweat Express 4-4:30pm & Tight Tush 4:30-5pm will be lead by Jessie. Christel will return the following week.
- * Saturday September 11th 9-10am will be ReggaeTone with Shauna. This will alternate every THREE weeks with Perfect Fit.

If you have any questions regarding this schedule or the fall schedule, please call 373-4244