

# Online Fitness Class Schedule

Version 18

Published 9/29/2021 by [Gerald Encabo](#) Last updated 10/21/2021 5:34 PM by [Gerald Encabo](#)

**Sept. 7 - Oct. 8, 2021**

[SenecaSting.ca](http://SenecaSting.ca)

Monday	Tuesday	Wednesday	Thursday	Friday

<b>11 - 11:30 a.m.</b> <b>Cardio Hi Lo</b> Kim	<b>11 - 11:30 a.m.</b> <b>Functional Training</b> Mike	<b>11 - 11:30 a.m.</b> <b>Barrie</b> Michelle H <i>No Class Sept. 8</i>	<b>11 - 11:30 a.m.</b> <b>Bootcamp</b> Chris	<b>11 - 11:30 a.m.</b> <b>Yoga</b> Maria
	<b>3:30 - 4:15 p.m.</b>			

Yoga  
Maria