

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

Monday	Tuesday	Wednesday	Thursday	Friday

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

Yoga
Maria