

Fitness Classes - Markham

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<div><h1>MARKHAM FITNESS CLASSES</h1><h2>WINTER SEMESTER SCHEDULE</h2></div>					
DAY / WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING & NOON CLASSES	ZUMBA With Maggie 12:00 PM - 1:00 PM	FLEXFLOW With Mahsa 12:00 PM - 1:00 PM	YOGA With Anu 12:00 PM - 1:00 PM	PILATES With Fatemeh 11:00 AM - 12:00 PM	BOLIFIT DANCE With Devanshi 12:00 PM - 1:00 PM
AFTERNOON CLASSES	YOGA With Maggie 1:00 PM - 2:00 PM	K-POP DANCE With Lolita 3:00 PM - 4:00 PM			FLEXFLOW With Mahsa 1:00 PM - 2:00 PM