

# Markham - Fitness Classes

Published 7/22/2024 by **Nicole Boyd**

## Summer 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
12:00pm - 1:00pm		FlexFlow	Yoga		FlexFlow
1:00pm - 2:00pm	Kickboxing			Muay Thai	
2:00pm - 3:00pm			Pilates		