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416-231-BFIT (2348)

Fitness Class Schedule

New Schedule Effective: Jan 2nd 2020

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
8:00-9:00am						HIIT Michele		
9:15-10:15am	Muscle Conditioning Alex	Cardio Weights & Core Nadia	20-20-20 Nadia	Total Body Burn Alex	Interval 6x10 Nadia	Cardio Butts & Guts Nadia	Total Body Burn Paloma	
10:30-11:30am							Pilates Michele	
11:30-12:30pm						NEW Pre-registered Body Sculpt(1hr X 4wks) Paloma	NEW Pre-registered Body Sculpt(1hr X 4wks) Paloma	
6:30-7:30pm	Pilates + Weights Michele			Strength Balance Core Laura	NEW Pre-registered Body Sculpt(1hr X 4wks) Paloma			
7:00-8:00pm		NEW Pre-registered Body Sculpt(1hr X 4wks) Paloma				Fitness Check-in Appointments with Nadia Objective: To hold you accountable on your healthy lifestyle routine. 15 min. individual appointments include: <ul style="list-style-type: none"> • Goal review & accountability chat • Weigh-in & measurements • Food journal review & nutrition tips • Exercise & stretching tips 		
8:00-9:00pm			NEW Pre-registered Body Sculpt(1hr X 4wks) Jenni					
Personal Training By appointment only. 7 days a week. Call 416-231-2348 or visit to schedule a FREE consultation!							Pre-register for 4, 8 or 16 appointments. Call or visit for more details!	
Heart Wise Personal Training Book your FREE consultation with Nadia, Owner FTF, Personal Trainer & heart attack survivor!								