

# AEROBICS SCHEDULE



	MON	TUES	WED	THURS	FRI	SAT
9:30 AM - 10:30 AM			<b>Melissa G:</b> Mindfulness Yoga			<b>Jodi:</b> Total Training Boot Camp
12:30 PM - 1:00 PM	<b>Serena:</b> Yoga	<b>Stan:</b> Zumba		<b>Lisa C:</b> Yoga		
5:30 PM - 6:30 PM	<b>Erica:</b> Boot Camp		<b>Debra:</b> Body Combat			
5:45 PM - 6:45 PM		<b>Lisa:</b> Spinning <b>Melissa S:</b> Yoga		<b>Lisa:</b> Spinning	<b>Erica:</b> Cardio Kickboxing	
6:30 PM - 7:30 PM	<b>Shawna:</b> Cross Fit		<b>Erica:</b> Cross Fit	<b>Serena:</b> Yoga		
6:45 PM - 7:45 PM		<b>Beth:</b> Zumba		<b>Beth:</b> Zumba		

BODY VISION FITNESS  
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RICHMOND HILL

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MONDAY-FRIDAY 6 AM-11 PM  
SATURDAY-SUNDAY 9 AM-8 PM