

	SUN	MON	TUES	WED	THURS	FRI	SAT
7:00 a.m.		6:30AM CROSS TRAIN RUNNERS ♦				6:30AM CROSS TRAIN RUNNERS ♦	
8:00 a.m.							
9:00 a.m.			9:15AM HATHA LEVEL I/II				9:00AM CROSS TRAIN RUNNERS ♦
10:00 a.m.							10:15AM YOGA FOR RUNNERS
11:00 a.m.	11:00AM GENTILE KUNDALINI FLOW	10:30AM SLOW STRETCH SERENITY	10:30AM GENTLE YOGA		10:30AM GENTLE YOGA	10:45AM MINDFUL FITNESS for AGING WELL	11:30AM GENTLE YOGA
12:00 p.m.		12 NOON STOTT® INTERMEDIATE PILATES	12 NOON WOMENS TONE-UP	12 NOON STOTT® INTERMEDIATE PILATES	12 NOON WOMENS TONE-UP	12 NOON HATHA LEVEL I/II	
1:00 p.m.							1-2:15 PM BOXING LEVEL II ♦
2:00 p.m.	 BOXERS & CROSS TRAINERS Get 6 YOGA \$60 classes for PLUS HST (Exp. Apr 27, 2019)			1:30 PM BUSY MOM'S FITNESS ♦ 8-Class Series*	 bring a friend, YOU GET A FREE CLASS Conditions Apply		
3:00 p.m.							
4:00 p.m.							
5:00 p.m.							
6:00 p.m.		6:15PM YOGA CORE	5:30PM CROSS TRAIN RUNNERS ♦	6:00 PM BEGINNER STOTT® PILATES ♦ 8-Class Series*			
7:00 p.m.			6:45PM YOGA FOR RUNNERS	6:15 - 8:15 4-CLASS SERIES YOGA FOR STIFF BODIES ♦	6:30PM BOXING FUNDAMENTALS ♦	6:30 PM CROSS TRAIN RUNNERS STRICTLY KBs ♦	
8:00 p.m.		7:30PM CROSS TRAIN RUNNERS ♦	8-9:15 RESTORATIVE/ YIN YOGA		8:00PM CROSS TRAIN RUNNERS ♦		

All classes are on a drop-in basis unless pre-registration is indicated. ♦

† Bring a friend who is new to Fit Journey, and when they buy a 5-class pass or more, you get a FREE Class

★ Cross Train Runners and Boxers: 6-class Yoga Deal \$60 + hst, expires Apr 27, 2019

* Busy Mom's Fitness, 8-Class Series, Wednesdays 1:30-2:30pm, starts March 20

* Beginner Stott Pilates, 8-Class Series, Wednesdays 6:00-7:00pm, starts March 20

Visit www.fitjourney.ca for Upcoming events and workshops:

Yin/Restorative Thai Massage Workshop: 2 Sundays: April 7, June 23, 2:30 - 4:00pm

Wednesday Night 4-Class Series: Yoga for Stiff Bodies: Mar 6 - 27;

Yoga for Stress & Anxiety, Apr 3-24; 2-Day Yoga Retreat @ Harmony Dawn, Sept 27 - 29, 2019



Sandy LeBlanc

CYT (YA), PTS, BA

416.618.7558

sandy@fitjourney.ca

566 Annette Street

Toronto, ON M6S 2C2