

STUDIO SCHEDULE FALL, 2018

	MON	TUES	WED	THURS	FRI	SAT	SUN
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.	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				bring a friend, YOU GET A FREE CLASS Conditions Apply †		
3:00 p.m.	6 YOGA \$60 PLUS HST (Exp. Dec 21, 2018)						
4:00 p.m.							
5:00 p.m.							
6:00 p.m.	6:15PM YOGA CORE	5:30PM CROSS TRAIN RUNNERS ♦	6-7PM CROSS TRAIN RUNNERS ♦			6:30PM CROSS TRAIN RUNNERS ♦	
7:00 p.m.		6:45PM YOGA FOR RUNNERS	7:15-8:15 4-CLASS SERIES Mindfulness Meditation Positive Mindset ♦	6:30PM BOXING FUNDAMENTALS ♦	6:30PM CROSS TRAIN RUNNERS ♦		
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 Dec 21, 2018

Visit www.fitjourney.ca for Upcoming events and workshops:
 Yin/Restorative/Thai Massage Workshop: Sunday, Nov 11, 2:30 - 4pm.
 Wednesday Night 4-Class Series: Mindfulness, Meditation & Positive Mindset,
 Nov 14 - Dec 5, 7:15 - 8:15pm



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