


Core Studio Classes Fall Schedule

21 Commerce Park Dr. Barrie, ON L4N 8X1 Tel: 705.719.7197 www.barriecorewellness.ca

September

Yoga	Dance	Spinning	Cardio		CoreART	Low-Impact	Pilates
Weights/Sculpting		Strength		Step	Kids Classes		
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
9:00 AM						Ashtanga	
9:15 AM	Body Blast Jennifer B	Kickboxing Chris		Body Blast/ Jennifer B/ Linda S	Pilates Katherine	Flow Yoga Katie	
9:30 AM			CoreART Anna		9:15-10:15	9:00-10:00	
9:45 AM	9:15-10:15	9:15-10:15			9:15-10:15		
10:00 AM			9:30-10:30	9:15-10:15			Hatha Yoga
10:15 AM					Cardio/ABS Linda S	Max Power 10	Dawn
10:30 AM	Pilates Dianna	Boot Camp Linda S		Nia Lynda C.	10:15-11:15	Anna	10:00-11:00
10:45 AM			Hatha Yoga			10:15-11:15	
11:00 AM	10:30-11:30	10:30-11:30	Beginnings Deb	10:30-11:30		10:15-11:15	
11:15 AM							Restorative Meditation
11:30 AM			10:45-11:45		Hatha Yoga Anne Marie	Spinning Patrick	Dawn
11:45 AM		Hatha Yoga		Restorative			
12:00 PM		Lara	Pilates Dianna	Yoga Katie	11:30-12:45	11:30-12:30	11:15-12:30
12:15 PM		11:45-1:15		11:45-1:00			
12:30 PM						Pilates Dianna	
12:45 PM			12:00-1:00				
1:00PM						12:30-1:30	
1:15PM	<p>“To accomplish great things, we must not only act, but also dream; not only plan, but also believe.” ~Anatole France</p> 						
1:30PM							
1:45PM							
2:00PM							
2:15PM							
2:30PM							
2:45PM							
3:00PM							
3:15PM							
5:00 PM	Spinning Patrick	Kids Circuit Jennifer B	Spin/Sculpt Jenny	Kids Yoga*			
5:15 PM							
5:30 PM	5:00-6:00	5:00-6:00	5:00-6:00	5:00-6:00			
5:45 PM							
6:00 PM	Kickboxing Chris	CoreART Deb	Pilates Deb	LBA Linda S	Restorative Hatha Yoga		
6:15 PM							
6:30 PM	6:00-7:00	6:00-7:00	6:00-7:00	6:00-7:00	Dawn		
6:45 PM					6:00-7:00		
7:00 PM	Hip-Hop Patrick	Step Challenge Anna	Max Power 10 Patrick	Dance De-li-cious Jennifer B			
7:15 PM							
7:30 PM	7:00-8:00	7:00-8:00	7:00-8:00	7:00-8:00			
7:45 PM							
8:00 PM	Hatha Yoga Deb		Hatha Yoga Carol	Ashtanga Katie			
8:15 PM							
8:30 PM	8:00-9:15		8:00-9:15	8:00-9:15			
8:45 PM							
9:00 PM							

PLEASE NOTE: We reserve the right to change the class schedule at anytime. We will do our best to ensure proper time and notice of class changes. All classes are cancelled on long weekends. Please check our website during bad weather conditions for class cancellations/gym closure

* Classes to begin October 2009