







































# SPARC

Unicity SPORT AQUATICS & RECREATION CENTRE

## FITNESS CLASS SCHEDULE

| Monday  |   | Tuesday   |   | Wednesday   |  | Thursday  |   | Friday  |  | Saturday   |   |
|---|---|---|---|---|--|---|---|---|--|--|---|
|    | <b>YOGA</b><br>STUDIO<br>07:00 - 08:00                                |    | <b>ZUMBA</b><br>STUDIO<br>08:30 - 09:30                 |    | <b>YOGA</b><br>STUDIO<br>07:00 - 08:00                                     |    | <b>ZUMBA</b><br>STUDIO<br>07:30 - 08:30                                     |    | <b>TOTAL BODY BLAST</b><br>SYNERGY<br>08:30 - 09:15          |   | <b>PRIMAL FUNCTIONAL SYNERGY</b><br>08:30 - 09:30                         |
|    | <b>IGNITE</b><br>FULL BODY HIIT<br>STUDIO<br>08:30 - 09:00            |    | <b>SPIN</b><br>SPIN ROOM<br>08:30 - 09:30               |    | <b>PANTHERS WRATH</b><br>Speed & Agility<br>SYNERGY<br>08:30 - 09:30       |    | <b>ROCK BOTTOM</b><br>Bums & Legs<br>SYNERGY<br>08:00 - 09:00               |    | <b>BOOTYLICIOUS</b><br>Bums & Abs<br>STUDIO<br>08:30 - 09:30 |   | <b>TRAILBLAZER</b><br>Endurance<br>SYNERGY<br>09:30 - 10:30               |
|   |   | <b>ABS &amp; STRETCH</b><br>Core Strength & Stretching<br>STUDIO<br>09:30 - 10:00   |   |    | <b>IGNITE</b><br>FULL BODY HIIT<br>STUDIO<br>08:30 - 09:00                 |    | <b>SPIN &amp; CORE</b><br>SPIN ROOM<br>08:30 - 09:30                        | <b>ABS &amp; STRETCH</b><br>Core Strength & Stretching<br>STUDIO<br>09:30 - 10:00   |  |   | <b>SPIN</b><br>SPIN ROOM<br>09:30 - 10:30                                 |
|    | <b>BIG STARS</b><br>KIDS DANCE<br>10-15YRS<br>STUDIO<br>16:00 - 17:00 |    | <b>AquaGym</b><br>POOL<br>17:30 - 18:30                 |    | <b>PILATES</b><br>Core & Posture<br>STUDIO<br>09:00 - 10:00                |    | <b>KAPOW</b><br>COMBAT CIRCUIT<br>SYNERGY<br>18:00 - 18:45                  |   |  |   | <b>ROCK BOTTOM</b><br>Bums & Legs<br>SYNERGY<br>11:45 - 12:30             |
|   | <b>SPIN</b><br>SPIN ROOM<br>19:00 - 20:00                             |   | <b>POUND</b><br>Rock Workout<br>STUDIO<br>18:00 - 19:00 |   | <b>SPIN &amp; CORE</b><br>(MDX Special)<br>SPIN ROOM<br>16:00 - 16:45      |   | <b>IGNITE</b><br>FULL BODY HIIT<br>STUDIO<br>18:00 - 18:30                  |   |  |  | <b>LITTLE STARS</b><br>KIDS DANCE<br>4 - 9 YRS<br>STUDIO<br>11:45 - 12:30 |
|  | <b>BOOTYLICIOUS</b><br>Bums & Abs<br>STUDIO<br>18:00 - 19:00          |  | <b>KONG</b><br>Strength<br>SYNERGY<br>18:00 - 19:00     |  | <b>MOUNTAIN GOAT</b><br>Spin & Strength<br>SPIN & SYNERGY<br>18:00 - 19:00 |  | <b>POUND</b><br>Rock Workout<br>(if no rain)<br>CH Rooftop<br>18:30 - 19:15 |    | <b>IGNITE</b><br>FULL BODY HIIT<br>STUDIO<br>17:00 - 17:30   |  |   |
|  | <b>HAVANA HEAT</b><br>Latin Aerobic<br>STUDIO<br>19:00 - 20:00        |  | <b>SPIN</b><br>SPIN ROOM<br>19:00 - 20:00               |  | <b>HAVANA HEAT</b><br>Latin Aerobic<br>STUDIO<br>18:00 - 19:00             |  | <b>YOGA</b><br>STUDIO<br>18:30 - 19:30                                      | <div style="background-color: yellow; padding: 5px; text-align: center;">High Intensity</div> <div style="background-color: lightgreen; padding: 5px; text-align: center;">Low Intensity</div> <div style="background-color: lightblue; padding: 5px; text-align: center;">Kids Classes</div> |  |  |   |
|  | <b>PILATES</b><br>Core & Posture<br>STUDIO<br>20:00 - 21:00           |  | <b>ZUMBA</b><br>STUDIO<br>19:00 - 20:00                 |  | <b>BOOTYLICIOUS</b><br>Bums & Abs<br>STUDIO<br>19:00 - 20:00               |  | <b>BOLLYWOOD BURN</b><br>STUDIO<br>19:30 - 20:30                            |   |  |  |   |