

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00	Linda Warren	Barb Picton	Linda	Barb Picton	Lynn Chapman		
7:30	Siobhan McInnes	Allison Downie	Siobhan McInnes	Allison Downie	Linda Warren	Kevin Chen	
8:00	Barb Picton	Olga Dorfman	Barb Picton	Siobhan McInnes	Olga Dorfman	Andrew Ewert	
8:30		Lynda Lawrence	Shahab Rezania	Olga Dorfman	Shahab Rezania	Shahab Rezania	
9:00		Noam Gagnon - Private Pilates	Lynn Chapman	Lynda Lawrence	Lynda Lawrence		
9:30		Shahab Rezania	Erika Kosarko RMT	Ian	Ian		
10:00		Ian	Steve Radloff - Rolifing	Noam Gagnon - Private Pilates	Noam Gagnon - Private Pilates		
10:30		Erika Kosarko RMT		Steve Radloff - Rolifing	Erika Kosarko RMT		
11:00							
11:30							
12:00							
12:30							
13:00							
13:30							
14:00							
14:30							
15:00	Lynn Chapman	Shahab Rezania	Olga Dorfman	Linda Warren	Olga Dorfman		
15:30	Allison Downie	Kevin Chen	Kevin Chen	Shahab Rezania	Linda Warren		
16:00	Olga Dorfman	Noam Gagnon - Private Pilates	Andrew Ewert	Kevin Chen	Kevin Chen		
16:30	Ian	Shahab Rezania	Ian	Lynn Chapman	Shahab Rezania		
17:00	Erika Kosarko RMT	Erika Kosarko RMT	Erika Kosarko RMT	Noam Gagnon - Private Pilates	Andrew Ewert		
17:30	Steve Radloff - Rolifing	Steve Radloff - Rolifing	Steve Radloff - Rolifing	Steve Radloff - Rolifing	Noam Gagnon - Private Pilates		
18:00					Erika Kosarko RMT		
18:30							
19:00							

Restorative Yoga with Carly  
7:15 to 8:15

Restorative  
Yoga with  
Carly