

FUEL FITNESS WINTER SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:00 - 7:00 AM	6:00 - 7:00 AM	6:00 - 7:00 AM		
		New FUEL FITNESS BOOTCAMP starts Jan 10 2012 ANN MARIE CYCLE GLASS GERRY		New FUEL FITNESS BOOTCAMP starts Jan 12 2012 ANN MARIE		
8:30 - 9:30 AM		12:00 NOON - 12:45 PM	5:15 - 6:00 PM	12:00 NOON - 12:45 PM		8:30 - 9:30 AM
CYCLE CLASS BARNEY		CYCLE CLASS WENDY	CYCLE CLASS WENDY	CYCLE CLASS WENDY		YOGA FUSION COMBINATION OF YOGA & BODY STRENGTH SHARON
9:30 - 10:00 AM	5:00 - 6:00 PM	5:30 - 6:30 PM	5:20 - 6:00 PM	5:30 - 6:30 PM	4:30 - 5:30 PM	9:30 - 10:30 AM
CORE TONING ON / OFF BALL SHARON	CYCLE CLASS SHARON	CYCLE CLASS SHARON	BOOT CAMP - STEP SHARON	FITNESS COMBAT BOOTCAMP DRILLS SHARON	CYCLE CLASS SHARON	CYCLE CLASS BARNEY
10:15- 11:15 AM	6:00 - 7:00 PM	6:00 - 7:00 PM	6:00 - 7:15 PM	6:30 - 7:30 PM	5:30 - 6:30 PM	9:30 - 11:00 AM
INTRO TO YOGA ANN MARIE	MOVING TO THE BEAT Hi/Lo Cardio/Plus SHARON / ANN MARIE	ZUMBA MARSHA	CARDIO PUMP SHARON	Yoga Flow SHARON	GET A TASTE OF RIP GROUP WEIGHT TRAINING SHARON	CARDIO PUMP SHARON
	7:00 - 8:00 PM	7:00PM -8:00pm	6:30 - 7:30 PM	7:00 - 8PM		11:00 - 12:00PM
	PROFESSIONAL BOXING AND CIRCUIT DRILLS REGGIE	FAT BURNING CYCLE CLASS TONY	TECHNICAL BOXING REGGIE	CYCLE CLASS RICHARD		PROFESSIONAL BOXING AND CIRCUIT DRILLS LEANDRO / PAUL
MONDAY TO FRIDAY 6:00 AM - 10:00 PM SATURDAY AND SUNDAY 8:00 AM - 6:00 PM HOLIDAYS 8:00 AM - 3:00 PM www.fuefitness.ca 4500 DIXIE ROAD, SOUTH OF EGLINTON MISSISSAUGA, ONTARIO 905.629.3835 (FUEL)		PROGRAMS OFFERED AT FUEL FITNESS CLUBS - SEE FRONT DESK RIP PRIVATE BOXING PRIVATE YOGA/PILATES GROUP TRAINING PERSONAL TRAINING VITAMIN SUPPLEMENT PLAN WEIGHT LOSS PLAN NUTRITION COUNSELLING *** All cycle classes require sign up to reserve a bike *** DON'T SEE WHAT YOU ARE LOOKING FOR JUST ASK US!			REGISTRATION CLASSES: FEE MUST BE PAID BEFORE JOINING THE CLASS. PREPAID PUNCH CARDS ARE ALSO AVAILABLE. CLASSES ARE SUBJECT TO CANCELLATION. INSTRUCTORS ARE SUBJECT TO CHANGE.	

January 9, 2012