

FALL/WINTER SCHEDULE

STARTS SEPTEMBER 11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 - 9:00am	8:30 - 9:30am	8:00 - 9:00am	8:30 - 9:30am	8:00 - 9:00am	8:00 - 8:50am
Morning Fitness (16+)	Total Body Boot Camp (16+)	Morning Fitness (16+)	Total Body Boot Camp (16+)	Box Step Fitness (16+)	Pilates (16+)
Tanya - Gym	Rawan - Gym	Tanya - Gym	Farrantina - Gym	Tanya - Gym	Rachel - Gym
9:15 - 10:15am	10:00 - 12:00pm	9:15 - 10:15am	9:45 - 10:45am	9:15 - 10:15am	9:00 - 10:00am
Chair Yoga (16+)	Art with Katia (16+)	Chair Yoga (16+)	Tai Chi (16+)	Chair Yoga (16+)	Karate - Adult & Youth(7+)
Rachel - Gym	Katia - Boardroom	Jayne - Gym	Roberto - Gym	Lori - Gym	Roberto & Ryan - Gym
10:30am - 12:00pm	10:45 - 11:45am	12:30 - 2:30pm	11:00am - 1:00pm	10:00 - 12:00pm	10:00am - 12:00pm
Tai Chi Shindo (16+)	Hatha Yoga (16+)	Pickleball (16+)	Woodcarving Advanced (16+)	Woodcarving (9+)	Arts, Crafts & Games (4+)
Roberto - Gym	Tia - Gym	Gym	John - Boardroom	John - Boardroom	Kyle, Marissa, Keira, Niyah - Upper Hall
12:30 - 2:30pm			11:00am - 12:00pm	12:30 - 2:30pm	10:10 - 11:10am
Pickleball (16+)			Hatha Yoga (16+)	Pickleball (16+)	Tai Chi (16+)
Gym			Jayne - Gym	Gym	Roberto - Gym
			12:30 - 2:30pm		
			Beginner Pickleball (16+)		11:15am - 12:15pm
			Gym		Hatha Yoga (16+)
					Donna - Gym
5:45 - 6:45pm	5:30 - 7:30pm	5:45 - 6:25pm	5:45 - 6:30pm	5:30 - 7:30pm	12:30 - 1:30pm
Youth Baking (6+)	Woodcarving (9+)	Teeny Ballerina (3-6yrs)	Jr. Science (4+)	Woodcarving (9+)	Kickboxing (16+)
Charlene & Emily - Upper Hall	John - Boardroom	Madison & Lilianna - Upper Hall	Marissa & Sarah - Upper Hall	John - Boardroom	Mike - Gym
5:45 - 6:45pm	5:45 - 6:45pm	5:45 - 6:45pm	5:45 - 6:45pm	5:45 - 6:45pm	
Youth Karate (7+)	Youth Baking (6+)	Youth Basketball (6+)	Jr. Hip Hop (5+)	Youth Cooking (8+)	
Roberto & Ryan - Gym	Sarah & - Upper Hall	Kyle & Miller - Gym	Brooklyn & Lilianna - Gym	Keira & - Upper Hall	
7:00 - 8:00pm	5:45 - 6:45pm	6:35 - 7:15pm	6:45 - 7:30pm	5:45 - 6:45pm	
Hatha Flow Yoga (16+)	Youth Floor Hockey (6+)	Teeny Ballerina (3-6yrs)	Jr. Science (4+)	Youth Soccer (6+)	
Rachel - Gym	Kyle & Miller - Gym	Madison & Lilianna - Upper Hall	Marissa & Sarah - Upper Hall	Niyah & Miller - Richmond Park	
	7:00 - 8:00pm	7:00 - 8:00pm	6:45 - 7:45pm	5:45 - 6:45pm	
	Zumba (16+)	Total Body Conditioning (16+)	Crafty Creations (7+)	Kickboxing (16+)	
	Gina - Gym	Lina - Gym	Charlene - Boardroom	Mike - Gym	
			7:00 - 8:00pm	7:00 - 8:00pm	
			Zumba Gold (16+)	Yoga (16+)	
			Yenny - Gym	Rachel - Gym	

Youth
Adult
Adult & Youth

Memberships

Youth	\$35 per month
Adult	\$35 per month
Family	\$60 per month

www.thoroldgroup.org