

GROUP TRAINING SCHEDULE

WE'RE BACK!



fitness@wellingsofstittsville.com

MONDAY

PowerFit 30
8:30am - 9:00am

Circuit Fit
9:30am - 10:00am

Simply Fit to Stand
10:30am - 11:00am

Simply Fit to Move
11:30am - 12:00pm

TUESDAYS

Walk Fit
Moderate
8:30am - 9:30am

Walk Fit
Gentle
10:00am - 10:30am

Piloga Powers
11:00am - 11:30am

Piloga Powers
Chair
12:00pm - 12:30pm

WEDNESDAY

PowerFit 30
8:30am - 9:00am

Circuit Fit
9:30am - 10:00am

Simply Fit to Stand
10:30am - 11:00am

Simply Fit to Move
11:30am - 12:00pm

THURSDAY

Walk Fit
Moderate
8:30am - 9:30am

Walk Fit
Gentle
10:00am - 10:30am

Piloga Powers
11:00am - 11:30am

Piloga Powers
Chair
12:00pm - 12:30pm

FRIDAY

PowerFit 30
8:30am - 9:00am

Circuit Fit
9:30am - 10:00am

Simply Fit to Stand
10:30am - 11:00am

Simply Fit to Move
11:30am - 12:00pm

ORIENTATION SCHEDULE

MONDAY
10:00am - 10:30am

TUESDAY
9:30am - 10:00am

WEDNESDAY
10:00am - 10:30am

THURSDAY
9:30am - 10:00am

FRIDAY
10:00am - 10:30am