



george brown sports club

February Sunnyside Aerobic Schedules

Monday

Cycle
5:30-6:30 AM - Stephanie
Cardio Kickbox
9:00-10:00 AM - Christy
Sculpt
10:00-10:30 AM - Christy
Zumba
10:30-11:30 AM - Christina
Cycle
4:30-5:30 PM - Kim
Core/Resistance Training
5:30-6:30 PM - Stephanie
Cycle
6:30-7:30 PM - Andrea
Yoga
7:30-8:30 PM - Sonny
Zumba
8:30-9:30 PM - Amanda

Tuesday

Cycle
8:30-9:30 AM - Rhonda
Pilates
9:45-10:45 AM - Rhonda
Zumba
4:30-5:30 PM - Phillip
Cycle
5:30-6:30 PM - Eric
Zumba
6:30-7:30 PM - Melissa
Ripped
7:30-8:30 PM - Eric
Zumba
8:30-9:30 PM - Amanda

Wednesday

Cycle
5:30-6:30 AM - Stephanie
Cardio Kickbox
9:00-10:00 AM - Christy
Sculpt
10:00-10:30 AM - Christy
Zumba
10:30-11:30 AM - Jessica P
Cycle
4:30-5:30 PM - Kim
Kickbox
5:30-6:30 PM - Christy
Cycle
6:30-7:30 PM - Andrea
Yoga
7:30-8:30 PM - John
Zumba
8:30-9:30 PM - Phillip

Thursday

Cycle
8:30-9:30 AM - Karen
Pilates
9:45-10:45 AM - Karen
Piloxing
4:30-5:30 PM - Shonna/Stephanie
Cycle
5:30-6:30 PM - Philip
Zumba
6:30-7:30 PM - Favi
Bootcamp
7:30-8:30 PM - Philip
Zumba
8:30-9:30 PM - Favi

Friday

Cycle
5:30-6:30 AM - Stephanie
Cardio Kickbox
9:00-10:00 AM - Christy
Sculpt
10:00-10:30 AM - Christy
Zumba
10:30-11:30 AM - Christina

Saturday

Cycle
7:30-8:30 AM - Stephanie
Powersculpt
8:30-9:00 AM - Stephanie
Zumba
9:00-10:00 AM - Jessica
Ripped
10:00-11:00 AM - Eric
Zumba Toning
11:00-12:00 PM - Favi