



BURLINGTON HALL  
SPORTING CLUB

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## Group Fitness - July 2026



Morning

| Monday                                                                                                                    | Tuesday                                                     | Wednesday                                                                                                                                                                                                                                         | Thursday                                                                                                                             | Friday                                                                                                                                                        | Saturday                                                                                                                                                                                                                                                                                                                                                                                           | Sunday                                                                                                             |
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| <b>Cardio /Functional Fitness</b> (Studio 1)<br>9:30am - 60 mins<br>Juke<br><br><b>Spin</b><br>9:30am - 45 mins<br>Jeanne | <b>Pilates</b><br>(Yoga studio)<br>9:30am - 60mins<br>Ivana | <b>Spin</b><br>6:30am- 60mins Nancy<br><br><b>Cardio/ Functional Fitness</b> (Studio 1)<br>9:15am - 60mins<br>Suzanne<br><br><b>Spin</b><br>9:30am - 45mins<br>Jeanne & Steph<br><br><b>Mobility Class</b> (Yoga studio)<br>10:30am - 45mins Greg | <b>Barbell Blitz</b><br>(studio 1)<br>9:30am - 45mins Juke<br><br><b>Stretch and Unwind</b> (Yoga Studio)<br>10:30am - 45mins Bonnie | <b>Pilates +</b><br>(Studio 2)<br>9:15am- 60mins<br>Mary<br><br><b>Zumba</b> (gym)<br>9:15am - 60mins<br>Tara<br><br><b>Spin</b><br>9:30am - 45mins<br>Jeanne | <b>Strength Training</b><br>(studio 1)<br>8am - 45mins Kristy<br><br><b>HIIT</b> (Studio 1)<br>9am- 45mins Amy<br><br><b>Karate</b><br>Kids 7 and up<br>(Studio 4)<br>9am - 60mins<br><br>Teens and adults 14 and up<br>(Studio 4)<br>10am -90mins<br><br><b>Pilates</b> (Yoga studio)<br>10:00am - 45mins<br>Amy/Ivana<br><br><b>Strength Training</b><br>(studio 1)<br>11:00am - 60mins<br>Cathy | <b>Hatha Yoga</b><br>(Yoga studio)<br>9:30am - 50mins<br>Amy<br><br><b>Spin</b><br>9:30am - 45mins<br>Steph/Jeanne |



Evening

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| <b>Strength Training</b><br>(Studio 1) 6pm - 45mins<br>Kristy/Amy<br><br><b>Karate</b><br>Kids 7 and up<br>(Studio 4)<br>6:30pm - 60mins<br>Teens and adults 14 and up<br>(Studio 4)<br>7:30pm -90mins | <b>Hot Yoga</b> (Yoga studio)<br>12:15pm- 60mins<br>Ivana<br><br><b>Tabata and Functional Fitness</b> (Studio 1)<br>6pm - 45mins<br>Amy<br><br><b>Spin</b><br>6:15pm- 30mins<br>Tiina<br><br><b>Strength</b><br>(Studio 1)<br>6:45pm - 45 mins<br>Tiina | <b>Strength</b> (Studio 1)<br>6:00pm - 45mins Kristy<br><br><b>Stretch and Unwind</b><br>(Yoga studio) 7pm - 60mins Ivana<br><br><b>Karate</b><br>Kids 7 and up<br>(Studio 4)<br>6:30 - 60mins<br>Teens and adults 14 and up<br>(Studio 4)<br>7:30 -90mins | <b>HIIT</b> (Studio 1)<br>6pm - 45 mins<br>Amy |  | <b>Club Hours</b><br>Monday-Friday: 5am-11pm<br>Saturday & Sunday: 6am-9pm<br>960 Cumberland Ave,<br>Burlington, ON L7N 3J6<br>905-632-4800<br><a href="https://burlingtonhall.ca/">https://burlingtonhall.ca/</a> |  |
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