



BURLINGTON HALL
SPORTING CLUB

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Group Fitness - May 2026



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 H.M.

 Morning



 After

 noon



 P.M.

 Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Cardio /Functional Fitness (Studio 1) 9:30am - 60 mins Juke</p> <p>Spin 9:30am - 45 mins Jeanne</p>	<p>Pilates (Yoga studio) 9:30am - 60mins Ivana</p>	<p>Spin 6:30am- 60mins Nancy</p> <p>Cardio/ Functional Fitness (Studio 1) 9:15am - 60mins Suzanne</p> <p>Spin 9:30am - 45mins Jeanne & Steph</p> <p>Mobility Class (Yoga studio) 10:30am - 45mins Greg</p>	<p>Barbell Blitz (studio 1) 9:30am - 45mins Juke</p> <p>Stretch and Unwind (Yoga Studio) 10:30am - 45mins Bonnie</p>	<p>Pilates + (Studio 2) 9:15am- 60mins Mary</p> <p>Zumba (gym) 9:15am - 60mins Tara</p> <p>Spin 9:30am - 45mins Jeanne</p>	<p>Strength Training (studio 1) 8am - 45mins Kristy</p> <p>HIIT (Studio 1) 9am- 45mins Amy</p> <p>Pilates (Yoga studio) 10:00am - 45 min Amy/Ivana</p> <p>Strength Training (studio 1) 11:00am - 60mins Cathy</p>	<p>Hatha Yoga (Yoga studio) 9:30am - 50mins Amy</p> <p>Spin 9:30am - 45mins Steph/Jeanne</p>
	<p>Hot Yoga (Yoga studio) 12:15pm- 60mins Ivana</p>				<p>Club Hours Monday-Friday: 5am-11pm Saturday & Sunday: 6am-9pm 960 Cumberland Ave, Burlington, ON L7N 3J6 905-632-4800 https://burlingtonhall.ca/</p>	
<p>Strength Training (Studio 1) 6pm - 45mins Kristy/Amy</p>	<p>Tabata and Functional Fitness (Studio 1) 6pm - 45mins Amy</p> <p>Spin 6:15pm- 30mins Tiina</p> <p>Strength (Studio 1) 6:45pm - 45 mins Tiina</p>	<p>Strength (Studio 1) 6:00pm - 45mins Kristy</p> <p>Stretch and Unwind (Yoga studio) 7pm - 60mins Ivana</p>	<p>HITT (Studio 1) 6pm - 45 mins Amy</p>			