

# YUSA Lunch Time Fitness Classes

MON	TUE	WED	THU
		1 <b>No Class</b>	2 <b>No Class</b>
6 12:15 PM - 12:45 PM Yoga with Lambert  1:15 PM - 1:45 PM Yoga with Lambert	7 12:15 PM - 12:45 PM Zumba with Prinka  1:15 PM - 1:45 PM Afro Dance with Sharon	8 12:15 PM - 12:45 PM Muay Thai with Asma  1:15 PM - 1:45 PM Muay Thai with Asma	9 12:15 PM - 12:45 PM Yoga with Hayley  1:15 PM - 1:45 PM Yoga with Hayley
13 12:15 PM - 12:45 PM Strength & Tone with Asma  1:15 PM - 1:45 PM Strength & Tone with Asma	14 12:15 PM - 12:45 PM Strength & Tone with Alicia  1:15 PM - 1:45 PM Zumba with Prinka	15 12:15 PM - 12:45 PM Yoga with Lambert  1:15 PM - 1:45 PM Yoga with Lambert	16 12:15 PM - 12:45 PM Yoga with Hayley  1:15 PM - 1:45 PM Yoga with Hayley
20 <b>No Class</b> Victoria Day	21 12:15 PM - 12:45 PM Zumba with Prinka  1:15 PM - 1:45 PM Latin Dance with Lisa	22 12:15 PM - 12:45 PM Stretch & Mobility with Asma  1:15 PM - 1:45 PM Stretch & Mobility with Asma	23 12:15 PM - 12:45 PM Yoga with Hayley  1:15 PM - 1:45 PM Yoga with Hayley
27 12:15 PM - 12:45 PM Muay Thai with Asma  1:15 PM - 1:45 PM Muay Thai with Asma	28 12:15 PM - 12:45 PM Latin Dance with Lisa  1:15 PM - 1:45 PM Zumba with Prinka	29 12:15 PM - 12:45 PM Strength & Tone with Asma  1:15 PM - 1:45 PM Strength & Tone with Asma	30 12:15 PM - 12:45 PM Yoga with Lambert  1:15 PM - 1:45 PM Yoga with Lambert

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2024

# YUSA Lunch Time Fitness Classes

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MON	TUE	WED	THU
3 <b>12:15 PM - 12:45 PM</b> Strength & Tone with Asma  <b>1:15 PM - 1:45 PM</b> Strength & Tone with Asma	4 <b>12:15 PM - 12:45 PM</b> Zumba with Brittany  <b>1:15 PM - 1:45 PM</b> Zumba with Prinka	5 <b>12:15 PM - 12:45 PM</b> Yoga with Lambert  <b>1:15 PM - 1:45 PM</b> Yoga with Lambert	6 <b>12:15 PM - 12:45 PM</b> Yoga with Hayley  <b>1:15 PM - 1:45 PM</b> Yoga with Hayley
10 <b>12:15 PM - 12:45 PM</b> Yoga with Lambert  <b>1:15 PM - 1:45 PM</b> Yoga with Lambert	11 <b>12:15 PM - 12:45 PM</b> Latin Dance with Lisa  <b>1:15 PM - 1:45 PM</b> Latin Dance with Lisa	12 <b>12:15 PM - 12:45 PM</b> Muay Thai with Asma  <b>1:15 PM - 1:45 PM</b> Muay Thai with Asma	13 <b>12:15 PM - 12:45 PM</b> Yoga with Hayley  <b>1:15 PM - 1:45 PM</b> Yoga with Hayley
17 <b>12:15 PM - 12:45 PM</b> Muay Thai with Asma  <b>1:15 PM - 1:45 PM</b> Muay Thai with Asma	18 <b>12:15 PM - 12:45 PM</b> Zumba with Brittany  <b>1:15 PM - 1:45 PM</b> Zumba with Prinka	19 <b>12:15 PM - 12:45 PM</b> Stretch & Mobility with Asma  <b>1:15 PM - 1:45 PM</b> Stretch & Mobility with Asma	20 <b>12:15 PM - 12:45 PM</b> Yoga with Hayley  <b>1:15 PM - 1:45 PM</b> Yoga with Hayley
24 <b>12:15 PM - 12:45 PM</b> Muay Thai with Asma  <b>1:15 PM - 1:45 PM</b> Muay Thai with Asma	25 <b>12:15 PM - 12:45 PM</b> Latin Dance with Lisa  <b>1:15 PM - 1:45 PM</b> Latin Dance with Lisa	26 <b>12:15 PM - 12:45 PM</b> Strength & Tone with Asma  <b>1:15 PM - 1:45 PM</b> Strength & Tone with Asma	27 <b>12:15 PM - 12:45 PM</b> Yoga with Lambert  <b>1:15 PM - 1:45 PM</b> Yoga with Lambert

# YUSA Lunch Time Fitness Classes

MON	TUE	WED	THU
1 <b>No Class</b> Canada Day	2 12:15 PM - 12:45 PM Zumba with Brittany  1:15 PM - 1:45 PM Zumba with Prinka	3 12:15 PM - 12:45 PM Yoga with Lambert  1:15 PM - 1:45 PM Yoga with Lambert	4 12:15 PM - 12:45 PM Yoga with Hayley  1:15 PM - 1:45 PM Yoga with Hayley
8 12:15 PM - 12:45 PM Yoga with Lambert  1:15 PM - 1:45 PM Yoga with Lambert	9 12:15 PM - 12:45 PM Latin Dance with Lisa  1:15 PM - 1:45 PM Latin Dance with Lisa	10 12:15 PM - 12:45 PM Strength & Tone with Asma  1:15 PM - 1:45 PM Strength & Tone with Asma	11 12:15 PM - 12:45 PM Yoga with Hayley  1:15 PM - 1:45 PM Yoga with Hayley
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29 12:15 PM - 12:45 PM Strength & Tone with Asma  1:15 PM - 1:45 PM Strength & Tone with Asma	30 12:15 PM - 12:45 PM Zumba with Brittany  1:15 PM - 1:45 PM Zumba with Prinka	31 12:15 PM - 12:45 PM Yoga with Lambert  1:15 PM - 1:45 PM Yoga with Lambert	

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2024

# YUSA Lunch Time Fitness Classes

AUGUST 2024

MON	TUE	WED	THU
			1 12:15 PM - 12:45 PM Yoga with Hayley  1:15 PM - 1:45 PM Yoga with Hayley
5  <b>No Class</b> Civic Holiday	6 12:15 PM - 12:45 PM Latin Dance with Lisa  1:15 PM - 1:45 PM Latin Dance with Lisa	7 12:15 PM - 12:45 PM Muay Thai with Asma  1:15 PM - 1:45 PM Muay Thai with Asma	8 12:15 PM - 12:45 PM Yoga with Hayley  1:15 PM - 1:45 PM Yoga with Hayley
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