

CLASS SCHEDULE - BEGINS SEP 13

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00-11:00AM		10:00-11:00AM	10:00-10:45AM	10:00-11:00AM	10:00-11:00AM	
ZUMBA STEPH		ZUMBA KARA	(45 MINS) POUND STEPH	ZUMBA NATALIE	ZUMBA STACEY	
5:30-6:15PM		5:30-6:15PM	5:30-6:15PM			
(45 MINS) ZUMBA KARA		(45 MINS) ZUMBA STEPH	(45 MINS) Z-TONING STACEY			
6:30-7:15PM		6:30-7:30PM	6:30-7:30PM			
(45 MINS) POUND STEPH		ZUMBA STEPH	STRONG NATALIE	ZUMBA THERESA		

Can't make it into the studio?
Join us online. Each class is livestreamed.

HOURS OF OPERATION
DOORS OPEN: 15 MINS BEFORE CLASS
DOORS CLOSE: 15 MINS AFTER CLASS

All classes require online registration

Booking window opens 72 HOURS prior and closes 1 HOUR before class begins.

<https://www.wellnessliving.com/schedule/studiofuzionkitchener>

Please note that the schedule may be adjusted, if necessary

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