



INDOOR CYCLING & YOGA CLASS SCHEDULE

CALL IN TO SIGN UP AT 647.427.3582 OR SIGN UP ON LINE AT areaonline.ca

MONDAY

12 noon - 1pm
1 hour Hatha
Inspired Yoga
with Jayme
All Levels

5:30pm - 6:20pm
50 minute
Endurance Ride
with Lara
Intermediate/Advance

TUESDAY

5:30pm - 6:15pm
45 minute Heart
Rate Ride
with Lawrence
Beginner

6:30pm - 7:30pm
1hour Hatha
inspired Yoga
with Jayme
All Levels

WEDNESDAY

12 noon - 1pm
1 hour Hatha
Inspired Yoga
with Jayme
All Levels

5:30pm - 6:15pm
45 minute Interval Ride
with Phillip
Intermediate/Advance

THURSDAY

6:45am - 7:30am
45 mins Fat
Burning Ride
with Lawrence
All Levels

5:30pm - 6:15pm
45 mins Advance
Heart Rate Ride
with Lawrence
Beginner/Intermediate

FRIDAY

5:30pm - 6:15pm
45 mins Endurance Ride
with various instructors
Intermediate/Advance

SATURDAY

11:00am - 11:45am
45 minute Strength/
Conditioning Ride
with Connie
All Levels

12 noon - 1pm
1 hour Hatha
Inspired Yoga
with Jayme
All Levels

SUNDAY

11:00am - 11:45am
45 minute
Interval Ride
with Scott
All Levels

AREA

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