

Aerocentre Virtual Class Schedule

September 8 - December 18, 2026



Monday	Tuesday	Wednesday	Thursday	Friday
Upper Body Burn 6:55-7:05am Karen	Cardio Blast 6:55-7:05am Tab	Core Circuit 6:55-7:05am Deb	Lower Body Burn 6:55-7:05am Lisa	Core Flow 6:55-7:05am Ann
HIIT 7:10 - 7:40am Karen	Triple Target 7:10 - 7:40am Tab	Strong 7:10 - 7:40am Deb	Yoga 7:10 - 7:40am Lisa	Cardio Sculpt 7:10 - 7:40am Ann
Energize Stretch 7:45 - 7:55am Karen	Core Circuit 7:45 - 7:55am Tab	Energize Stretch 7:45 - 7:55am Deb	Core Flow 7:45 - 7:55am Lisa	Energize Stretch 7:45 - 7:55am Ann
	Stretch 9:30-9:40am Ann		Stretch 9:30-9:40am Nicole	
Stretch 11:30-11:45am Heather	Stretch : Back & Posture 11:30-11:45am Nicole	Stretch 11:30-11:45am Lisa	Stretch : Neck & Shoulder 11:30-11:45am Nicole	Stretch 11:30-11:45am Alissa
Cardio Blast 11:50am-12pm Heather	Lower Body Burn 11:50am-12pm Nicole	Core Flow 11:50am-12pm Lisa	Upper Body Burn 11:50am-12pm Nicole	Core Circuit 11:50am-12pm Alissa
Pilates Fusion 12:10-12:40pm Heather	HIIT 12:10-12:40pm Nicole	Triple Target 12:10-12:40pm Lisa	Sculpted Sweat 12:10-12:40pm Nicole	Combat Cardio 12:10-12:40pm Alissa
Calm 1:30-1:40pm Mat	Calm 1:30-1:40pm Mat	Calm 1:30-1:40pm Mat	Calm 1:30-1:40pm Mat	Calm 1:30-1:40pm Mat
Stretch 1:50-2pm Julia	Stretch 1:50-2pm Caitlynn	Stretch 1:50-2pm Olivia	Stretch 1:50-2pm Caitlynn	Stretch 1:50-2pm Criss
Barre Fusion 2:10-2:40pm Julia	Upper Body Burn 2:10-2:20pm Caitlynn	Lower Body Burn 2:10-2:20pm Olivia	Low Impact Sweat 2:10-2:20pm Caitlynn	30 minute class 45 minute class Mindfulness 10 minute class 15 minute class
Ride 4:30-5pm Mia		Yoga Fusion 4:30-5:15pm Trinh		
Core Flow 6:45-6:55pm Trinh				
Yoga 7-7:45pm Trinh			Triple Target 7-7:30pm Caitlynn	

Register and join classes via the Aerocentre Member Portal or App.

All sessions stream on Zoom. The passcode to join is **virtual**.



<https://www.aerocentrefitness.ca/>