

Aerocentre Virtual Class Schedule

March 30 - June 26, 2026



Monday	Tuesday	Wednesday	Thursday	Friday
Upper Body Burn 6:55-7:05am Amanda	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 Amanda	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 Amanda	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
		HIIT 10 - 10:30am Caitlynn		
Stretch: Back & Posture 11:30-11:45am Heather	Stretch 11:30-11:45am Heather	Stretch: Neck & Shoulder 11:30-11:45am Lisa	Stretch 11:30-11:45am Amanda	Stretch: Hips, Wrist, Legs 11:30-11:45am Dominik
Cardio Blast 11:50am-12pm Heather	Lower Body Burn 11:50am-12pm Heather	Core Flow 11:50am-12pm Lisa	Upper Body Burn 11:50am-12pm Amanda	Core Circuit 11:50am-12pm Dominik
Pilates Fusion 12:10-12:40pm Heather	Cardio Sculpt 12:10-12:40pm Heather	Triple Target 12:10-12:40pm Lisa	Cardio Boxing 12:10-12:40pm Amanda	Strong 12:10-12:40pm Dominik
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 Caitlynn	Stretch 1:50-2pm Ann	Stretch 1:50-2pm Olivia	Stretch 1:50-2pm Dominik	Stretch 1:50-2pm Criss
Lower Body Burn 2:10-2:20pm Caitlynn	Core Circuit 2:10-2:20pm Ann	Upper Body Burn 2:10-2:20pm Olivia	Cardio Blast 2:10-2:20pm Dominik	Pilates Fusion 2:10-2:40pm Criss
Ride 4:30-5pm Mia	Pilates Fusion 4:30-5pm Criss	Yoga Fusion 4:30-5:15pm Trinh	<div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"> <p> Mindfulness</p> <p> 10 minute class</p> <p> 15 minute class</p> </div> <div style="width: 50%;"> <p> 30 minute class</p> <p> 45 minute class</p> </div> </div>	
Core Flow 6:45-6:55pm Trinh				
Yoga 7-7:45pm Trinh	Zumba 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/>