

Aerocentre Virtual Class Schedule

June 29 - September 6, 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 11:30-11:45am Heather | Stretch : Back & Posture 11:30-11:45am Heather | Stretch 11:30-11:45am Lisa | Stretch : Neck & Shoulder 11:30-11:45am Amanda | Stretch 11:30-11:45am Alissa |
| 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 Alissa |
| 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 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 | Lower Impact Sweat 2:10-2:20pm Caitlynn | Lower Body Burn 2:10-2:20pm Olivia | Low Impact Sweat 2:10-2:20pm Caitlynn | 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 | | |
| Core Flow 6:45-6:55pm Trinh | | | | |
| Yoga 7-7:45pm Trinh | | | | |

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/>