

Online Group Fitness Schedule

June 1st – June 13th

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00am – 11:45am	RESTORATIVE YOGA With Sofia	BETTER BONES With Marianne	TABATA With Cindy	BETTER BONES With Marianne	TOTAL BODY With Miguel	STRENGTH & MOBILITY With S&C Coach Ryan	CARDIO CORE With Cindy
6:00pm – 6:45pm	TOTAL BODY With Miguel	ZUMBA With Andrea		VINYASA FLOW With Fahd			

Virtual Classes:

Access our video library at <https://video.tpasc.ca/>

Log in with your TPASC username and password. Forgot your password? Reset it using the self-service portal or give us a call, 416-283-5222.