

# Live Stream Group Fitness

April 19-30, 2021

Please be sure check the [jccottawa.com](http://jccottawa.com) for Zoom meeting ID and passwords



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
7:00-7:30 am	<b>Core Strength</b> Dalia	<b>Lower Body Strength</b> Dalia	<b>Upper Body Strength</b> Dalia			
8:30-9:30 am		<b>Zumba</b> Emma		<b>Zumba</b> Emma		
9:00-9:45 am				<b>HIIT</b> Dalia		
9:30-10:15 am	<b>Bootcamp</b> Liz	<b>Ballet Barre Fit</b> Xiang	<b>Powerpump</b> Carla		<b>Functional Training</b> Dalia <b>Zumba</b> Kathy & Kirsten	
10:30-11:15 am		<b>Vitality Plus</b> Kirsten	<b>Vitality Plus</b> Hanifa	<b>Vitality Strength</b> Carla	<b>Vitality Plus</b> Carla	
11:30 am-12:15 pm					<b>Powerpump</b> Carla	
12:15-1:15 pm						<b>Core Yoga</b> Rhona
5:15 - 6:00 pm				<b>Power Yoga</b> Rhona		
5:30-6:30 pm			<b>Core Yoga</b> Rhona			
6:00-7:00 pm	<b>Zumba</b> Emma		<b>Zumba</b> Emma			
6:15-7:15 pm		<b>Mindful Meditation</b> Karl				