

## Banook Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 AM		Pilates		Pilates			
9:30 AM		9:00-10:00		9:00-10:00			Pilates
10:00 AM							9:30-10:00
10:30 AM							Pilates
11:00 AM							10:00-11:00
11:30 AM							
12:00 PM							
5:00 PM							
5:30 PM							
6:00 PM		6:00-6:30					
6:30 PM	Pilates	Pilates		Pilates			Zumba
7:00 PM	6:30-7:30	6:30-7:30	Zumba	6:30-7:30			6:30 -8:00
7:30 PM		Zumba	7:15-8:15				
8:00 PM		7:40-8:40					

Class	Instructor	Contact Information
Functional Strength Pilates	Maggie Doucette	<a href="mailto:maggiedoucett@eastlink.ca">maggiedoucett@eastlink.ca</a>
Pilates Strength		
Zumba	Melissa Millar	<a href="mailto:melissa_millar@hotmail.com">melissa_millar@hotmail.com</a>
Zumba	Stephanie Laidlaw	<a href="mailto:slaidlaw@eastlink.ca">slaidlaw@eastlink.ca</a>

Websites:

[www.motivawellbeingandfitness.com](http://www.motivawellbeingandfitness.com)

[www.wholehearthealth.org](http://www.wholehearthealth.org)