

myFitness Virtual Schedule

March 30 - June 26, 2026



Class times displayed in Eastern Time. [CLICK HERE](#) to see times in your time zone and class descriptions.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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	Strong 9-9:30am	HIIT 9-9:30am
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	Stretch 10-10:15am	Stretch 10-10:15am
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	Cardio Sculpt 11-11:30am	Cardio Boxing 11-11:30am
Cardio Sculpt 10 - 10:30am	Yoga 9 - 9:30am	HIIT 10 - 10:30am Caitlynn	Strong 9 - 9:30am	Ride 10 - 10:30am	Core Flow 12-12:10pm	Core Circuit 12-12:10pm
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 Alissa	Yoga Fusion 1-1:45	Triple Target 1-1:30
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	Upper Body Burn 2-2:10pm	Lower Body Burn 2-2:10pm
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	Ride 3-3:30pm	Pilates Fusion 3-3:30pm
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	Head to my-fitness.ca to see full class descriptions Mindfulness 10 minute class 15 minute class 30 minute class 45 minute class On Demand Video	
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	Cardio Sculpt 4:30-5pm	Strong 4:30-5pm		
Core Flow 6:45-6:55pm Trinh	Energize Stretch 6:45-6:55pm	Stretch 6:45-6:55pm	Core Circuit 6:45-6:55pm	Energize Stretch 6:45-7pm		
Yoga 7-7:45pm Trinh	Zumba 7-7:30pm Caitlynn	Triple Target 7-7:30pm	Strong 7-7:10pm	Cardio Boxing 7-7:30pm		
Triple Target 9-9:30pm	Strong 9-9:30pm	HIIT 9-9:30pm	Ride 9-9:30pm	Yoga 9-9:30pm		

Register and join classes via the myFitness Member Portal or App.

All sessions stream on Zoom. The passcode to join is virtual.



my-fitness.ca



info@my-fitness.ca

Calendrier virtuel myFitness

Du 30 mars au 26 juin 2026

Les horaires des cours sont indiqués en heure de l'Est. [CLIQUEZ ICI](#) pour voir les horaires dans votre fuseau horaire et les descriptions des cours.

Lundi	Mardi	Mecredi	Jeudi	Vendredi	Samedi	Dimanche
Haut du Corps Fort 6h55-7h05 <i>Amanda</i>	Cardio Blast 6h55-7h05 <i>Tab</i>	Circuit Abdos 6h55-7h05 <i>Deb</i>	Corps Inférieur Fort 6h55-7h05 <i>Lisa</i>	Flux Abdos 6h55-7h05 <i>Ann</i>	Fort 9h00 - 9h30	HIIT 9h00 - 9h30
HIIT 7h10-7h40 <i>Amanda</i>	Triple cible 7h10-7h40 <i>Tab</i>	Fort 7h10-7h40 <i>Deb</i>	Yoga 7h10-7h40 <i>Lisa</i>	Sculpture Cardio 7h10-7h40 <i>Ann</i>	Étirement 10h00-10h15	Étirement 10h00-10h15
Étirement Énergisant 7h45 - 7h55 <i>Amanda</i>	Circuit Abdos 7h45 - 7h55 <i>Tab</i>	étirement énergisant 7h45 - 7h55 <i>Deb</i>	Flux Abdos 7h45 - 7h55 <i>Lisa</i>	étirement énergisant 7h45 - 7h55 <i>Ann</i>	Sculpture Cardio 11h00-11h30	Boxe Cardio 11h00-11h30
Sculpture Cardio 10h00 - 10h30	Yoga 9h00 - 9h30	HIIT 10h00 - 10h30 <i>Caitlynn</i>	Fort 9h00 - 9h30	Ride 10h00 - 10h30	Flux Abdos 12h00-12h10	Circuit Abdos 12h00-12h10
Étirement 11h30-11h45 <i>Heather</i>	Étirement 11h30-11h45 <i>Heather</i>	Étirement 11h30-11h45 <i>Lisa</i>	Étirement 11h30-11h45 <i>Amanda</i>	Étirement 11h30-11h45 <i>Alyssa</i>	Yoga Fusion 13h00-13h45	Triple cible 13h00-13h30
Cardio Blast 11h50-12h00 <i>Heather</i>	Corps Inférieur Fort 11h50-12h00 <i>Heather</i>	Corps Inférieur Fort 11h50-12h00 <i>Lisa</i>	Flux Abdos 11h50-12h00 <i>Amanda</i>	Haut du Corps Fort 11h50-12h00 <i>Alyssa</i>	Haut du Corps Fort 14h00-14h10	Corps Inférieur Fort 14h00-14h10
Pilates Fusion 12h10-12h40 <i>Heather</i>	Sculpture Cardio 12h10-12h40 <i>Heather</i>	Triple cible 12h10-12h40 <i>Lisa</i>	Boxe Cardio 12h10-12h40 <i>Amanda</i>	Fort 12h10-12h40 <i>Alyssa</i>	Ride 15h00-15h30	Pilates Fusion 15h00-15h30
Calme 13h30-13h40 <i>Mat</i>	Calme 13h30-13h40 <i>Mat</i>	Calme 13h30-13h40 <i>Mat</i>	Calme 13h30-13h40 <i>Mat</i>	Calme 13h30-13h40 <i>Mat</i>		
Étirement 13h50-14h00 <i>Caitlynn</i>	Étirement 13h50-14h00 <i>Ann</i>	Étirement 13h50-14h00 <i>Paige</i>	Étirement 13h50-14h00 <i>Dominik</i>	Étirement 13h50-14h00 <i>Criss</i>	<p>Rendez-vous sur HealthHubCanada.com pour consulter la description complète des cours.</p> <ul style="list-style-type: none"> pleine conscience Cours de 10 minutes Cours de 15 minutes Cours de 30 minutes Cours de 45 minutes Vidéo à la demande 	
Corps Inférieur Fort 14h10-14h20 <i>Caitlynn</i>	Circuit Abdos 14h10-14h20 <i>Ann</i>	Haut du Corps Fort 14h10-14h20 <i>Paige</i>	Cardio Blast 14h10-14h20 <i>Dominik</i>	Pilates Fusion 14h10-14h40 <i>Criss</i>		
Ride 16h30-1700 <i>Mia</i>	Pilates Fusion 16h30-1700 <i>Criss</i>	Yoga Fusion 16h30-1715 <i>Trinh</i>	Sculpture Cardio 16h30-1700	Fort 16h30-1700		
Flux Abdos 18h45-18h55 <i>Trinh</i>	Energize Stretch 18h45-18h55	Étirement 18h45-18h55	Circuit Abdos 18h45-18h55	Energize Stretch 18h45-18h55		
Yoga 19h00-19h45 <i>Trinh</i>	Zumba 19h00-19h45 <i>Caitlynn</i>	Triple cible 19h00-19h45	HIIT 19h00-19h45	Boxe Cardio 19h00-19h45		
Triple cible 21h00-21h30	Fort 21h00-21h30	HIIT 21h00-21h30	Ride 21h00-21h30	Yoga 21h00-21h30		

Inscrivez-vous et rejoignez les cours via le portail ou l'application myFitness Member Portal.

Toutes les sessions sont diffusées sur Zoom. Le code d'accès pour participer est **virtual**.



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