






CLASS SCHEDULE

Our Unique Programs
Guarantee your Success!

2425 Truscott Drive, Mississauga 905.916.8483 Email: truscott@vivefitness.com



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING CLASSES						Kettlebell Gina 9am-10am Studio 1
	 V-Zone COMING SOON 7am-8am	 V-Zone COMING SOON 7am-8am	 V-Zone COMING SOON 7am-8am	 V-Zone COMING SOON 7am-8am	 V-Zone COMING SOON 7am-8am	Zumba Gina 10am-11am Studio 1
EVENING CLASSES						
	Zumba Thilini 6pm-7pm Studio 1	Dumbbell HITT Thilini 6pm-7pm Studio 1	Barbell/Kettlebell Thilini 6pm-7pm Studio 1	Circuit Training Thilini 6pm-7pm Basement	Bootcamp Anna 6pm-7 pm Studio 1	
	MUAY THAI Nadim 7pm-8pm Studio 1		MUAY THAI Nadim 7pm-8pm Studio 1	Core Yoga Simran 7pm-8pm Studio 1		

STAFFED HOURS

MONDAY TO FRIDAY: 12PM TO 8PM

SATURDAY: 10AM TO 4PM

SUNDAY: UNSTAFFED

To Attend Please Register On "My Member Account App"