

Tandem Studios

2019 Fall Fitness Schedule

Monday

6am Boot Camp
9am Boot Camp
7:15-8:15 Boot Camp

Tuesday

6am BarreFit
9am Pilates
7:30pm BarreFit

Wednesday

6am Pilates
9am Boot Camp
7pm Abs and Arms

Thursday

6am Barre Fit
9am Flow Yoga
6pm AAA
7pm Boot Camp
7pm Adult Tap
8pm Adult Ballet

Friday

6am Boot Camp *all weights*
9am Boot Camp *all weights*
8pm Adult Hip Hop

Saturday

9am Boot Camp
10:15am Boot Camp
11:15am Strength Circuits

Sunday

9am Boot Camp
10am Core Blast
12pm BarreFit



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