



Fitness Schedule

MONDAY

6am Bootcamp
9am Bootcamp
7:15 - 8:15pm Bootcamp

TUESDAY

6am BarreFit
9am Pilates
7:30pm BarreFit

WEDNESDAY

6am Pilates
9am Bootcamp
7pm Abs and Arms

THURSDAY

6am BarreFit
9am Flow Yoga
6pm AAA
7pm Bootcamp
7pm Adult Tap
8pm Adult Ballet

FRIDAY

6am Bootcamp *weights*
9am Bootcamp *weights*
8pm Adult Hip Hop

SATURDAY

9am Bootcamp
10:15am Bootcamp
11:15am Strength Circuits

SUNDAY

9am Bootcamp
10am Core Blast
12pm BarreFit

All of our classes are drop in style so you can select the classes, days and times that work for you!

Class cards can be purchased online at tandemstudiosutoronto.com