

WoW Class schedule: Time and location for Fall 2010 (September 7- December 18)

WoW Power Walking members may attend any number of classes at any location within the session paid, except classes in **BLUE TYPE**

IF YOU ARE DROPPING IN TO A CLASS YOU NORMALLY DON'T ATTEND, WE RECOMMEND CONTACTING YOUR COACH OR THE OFFICE TO ENSURE NO CHANGES HAVE BEEN MADE.

WEATHER CONCERNS? If you are concerned about weather or other unusual conditions that may mean a class cancellation, please check the blog on our website or call our office at 416 766 0774.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-7am		Strength & Balance Oakville, Lakeside Park		Strength & Balance Oakville, Lakeside Park		
7-8:30am						WYBO HP 3 Oakville, SBWF**
7:30-9am						WYBO HP3 Toronto, Grenadier Park Café
9:30-10:30AM		WYBO Fitness 2 Oakville, Starbucks, UOP**	WYBO Fitness 2 Oakville, Starbucks, WOT & BR**			
9:30-11am		WYBO HP 2 Toronto, Edwards Gardens			WYBO HP 2 Oakville, Timothy's downtown	WYBO HP 1 (start Sept 11) Oakville, Running Company
10-11:30AM						WYBO HP 1 (start Sept 11) Toronto, Runners Shop
6:30-8pm		WYBO HP 3 Toronto, SB Yonge/King	WYBO HP 2 Hamilton, Runners Den			
			WYBO HP 2 Toronto, Timothy's @ Armadale			
7-8pm	WYBO Fitness 1 (start Sept 20) Running Company, Oakville		WYBO Fitness 1 (start Sept 20) Running Company, Oakville	WYBO Fitness 1 (start Sept 20) Running Company, Oakville		
7-8:30pm		WYBO HP 3 Oakville, Timothy's downtown		WYBO HP 2 Oakville, Timothy's downtown		

Session starts September 7 and ends December 18.

** UOP: Upper Oakville Place at NE corner of Eighth Line and Upper Middle Road

WOT&BR Northeast corner of West Oak Trails and Bronte Road

SBWF: Starbucks beside Whole Foods