

March 2010

** Please note – classes and instructors subject to change or substitution
Follow us on *Twitter* for daily updates on class and instructor changes: **FlirtygirlTO**

mondays

11:00am	Ultimate Upper Body	Eneli
12:00pm	Body Blast	Eneli
1:00pm	Flirty Yoga	Karey
5:30pm	Babes with Balls	Karey
	Zumba	Candice
	Sexy Core Cardio	Tara
6:30pm	Fabulously Firm	Karey
	Cardio Soca	Esie
	Boxing Bootcamp	Tara
7:30pm	Flirty Pilates	Jacqueline
	GI Jane	Karey
	Video Vixen	Teresa
8:30pm	Pole Dance/Pole Session 101**	Krista M
	Stretch Yoga	Karey
	Sexy Sculpt	Kat Lee



March into Spring

with our incredible
Punchcard Promotion
Buy 5 classes get one FREE
Buy 10 classes get two FREE
Buy 20 classes get three FREE

PLUS
get discounts on our fabulous
Flirty Active Wear &
FREE Girls' Night Out Tickets!

**March 1 & 8 - Drop In Pole Dance
March 15 - Pole Dance 101 starts

Flirty Girl Fitness
462 Wellington Street West
Toronto, Ontario M5V 1E3
phone 416-920-1400
email toronto@flirtygirlfitness.com
web flirtygirlfitness.com

Be sure to secure your spot by calling or emailing your request up to a week in advance. A credit card is required to hold your spot for non-members and those without punch cards. (Your credit card will not be charged until you show up for your class).

If you are unable to make a class you must call or email to cancel. Please try to cancel evening drop-in classes by 5pm daily so we can contact those on the waiting lists.

Please make note of our cancellation policy:

Non-Members - will be charged the full amount of the class on their credit card.

Punch Card Holders - will be charged a punch off of their existing punch card.

Members - will lose their ability to pre-register for their classes for one month after three instances of not calling to cancel.

Saturday Workshops must be cancelled by Thursday at 5pm and Sunday Workshops must be cancelled by Friday at 5pm to avoid being charged the full amount of the class.

tuesdays

11:00am	Ultimate Lower Body	Eneli
12:00pm	Body Blast	Eneli
1:00pm	Power Pilates	Kat Lee/Karey
4:30pm	Balance Ball Booty Blast	Liana
5:30pm	Fabulously Firm	Liana
	Booty Beat	Candice
	Kickass Cardio	Karey
6:30pm	Stretch Yoga	Karey
	Video Vixen	Alix
	Cardio Booty Kickbox	Penny
7:30pm	Pole Dance/Intermediate Pole**	Daina **Intermediate Pole - March 23 only
	House Music Honeys	Christine
	Abs & Booty	Alix
8:30pm	Pole Tricks	Daina
	Zumba	Christine
	Yoga Bootie Ballet	Jacqueline

wednesdays

11:00am	Zumba	Christine
12:00pm	Fabulously Firm	Karey
1:00pm	Stretch Yoga	Karey
4:30pm	Body Blast	Eneli
5:30pm	Sexy Sculpt	Tara
	Hip Hop Booty Camp	Eneli
	Flirty Yagalates	Jacqueline
6:30pm	Fabulously Firm	Karey
	Booty Beat	Olga
	Hottie Body Boxing	Beckie
7:30pm	Bikini Boot Camp	Beckie
	Abs & Booty	Tara
	Cardio Soca	Celeste
8:30pm	Pole Dance	Elena
	XXX Power Strip	Kat O
	Power Yoga	Jacqueline

March 4 Week Sessions

Build your skills and learn a fun, sexy routine from top to bottom over 4 weeks:

Pole 101 with Krista M
Starts Monday March 15 @ 8:30pm
\$120 | FREE for members

MTV Choreography w/ Eneli
Starts Thurs March 18 @ 7:30pm
\$100 | FREE for members

thursdays

12:00pm	GI Jane	Karey
1:00pm	Stretch Yoga	Karey
4:30pm	Abs & Booty	Karey
5:30pm	Ultimate Lower Body	Elena
	Kickass Cardio	Karey
	Hottie Body Boxing	Beckie
6:30pm	Body Blast	Eneli
	Zumba	Elena
	Flirty Pilates	Amanda
7:30pm	Fabulously Firm	Elena
	MTV Choro 4 wk Session**	Eneli
	Booty Beat	Jacqueline
8:30pm	Intro Pole Teaser	Daina
	Chair Striptease / Lap Dance**	Elena
	Power Yoga	Jacqueline

****Class Exceptions**
March 18 - MTV 4-Week Session Starts
March 4 & 18 - Chair Striptease
March 11 & 25 - Lap Dance



March 2010

** Please note – classes and instructors subject to change or substitution
Follow us on *Twitter* for daily updates on class and instructor changes: [FlirtygirlTO](#)

fridays

11:00am	Zumba	Christine
12:00pm	Body Blast	Eneli
1:00pm	hard CORE	Eneli
4:30pm	Bikini Boot Camp	Tara
5:30pm	Abs & Booty	Tara
	Flirty Yoga	Jacqueline
	Booty Beat	Candice
6:30pm	Zumba**	Candice
	Pole Dance**	Daina
	Power Pilates**	Jacqueline
7:30pm	Pole Dancing**	Daina
	Chair Striptease**	Elena

**cancelled March 26 for Girl's Night Out

saturdays

10am	Flirty Pilates	Jacqueline
	Bikini Bootcamp	Alix
	Booty Beat	Christine
11am	Zumba	Christine
	Abs & Booty	Tara
	Flirty Yoga	Jacqueline
12pm	Olympic Conditioning	Olga
	Boxing for Babes	Tara
1pm	Go Go Girl	Olga



sundays

10:30am	Bikini Boot Camp	Elena
	Zumba	Candice
11:30am	Sexy Core Cardio	Tara
	Booty Beat	Candice
	Flirty Pilates	Amanda
12:30pm	Body Blast	Tara
	Belly Dance Boot Camp	Christina



Flirty Girl's Night Out

Friday March 26
7:30 - 10:30
no classes after 6:30pm

FREE for Members
\$25 in advance
\$35 at the door
RSVP Required:
Toronto@FlirtyGirlFitness.com
or 416-920-1400

Workshops

Grab your girlfriends and join us for our ridiculously fun and sexy two-hour workshops every Saturday and Sunday afternoon. It's the perfect way to spend a girls' day out or, come on your own and experience the best way to get fit and feel fabulous with Flirty Girl Fitness.

Two Hours for \$40
20% off for members

March 6	12-2pm Pole Dance	March 13	12-2pm Pole Dance
	1-3pm Lap Dance		1-3pm Chair Striptease
	2-4pm Pole Dance		2-4pm Pole Dance
March 20	12-2pm Pole Dance	March 27	12-2pm Pole Dance
	1-3pm Coyote Ugly		1-3pm Chair Striptease
	2-4pm Pole Dance		2-4pm Pole Dance

Workshops

Two Hours for \$40
20% off for members

Every Sunday:
12:30pm - 2:30pm Pole Dance

