



Fitness Schedule

Fall 2020

■ Adult (16+)
 * Studio

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am		Cycle & Strength 7:15-8:00am	Cycle & Strength 7:15-8:00am	Gentle Yoga* 7:15-8:00am Strength Fit 7:15-8:00am	Strength Fit 7:15-8:00am	Cycle & Strength 7:15-8:00am	
8am				TRX* 8:15-8:45am	Cycle 8:15-8:45am		Fitness Centre Open 8 am -2 pm
9am		Strength Fit 9:00-9:45am Gentle Yoga* 9:00-10:00am	Cycle & Strength 9:00-9:45am Active Yoga* 9:00-10:00am	Cycle & Strength 9:00-9:45am	TRX* 9:00-9:45am Gentle Yoga* 10:30-11:30am	Strength Fit 9:00-9:45am Pilates * 9:30-10:15am	
10am		Forever Fit 10:30-11:30am	Gentle Chair Yoga* 10:30-11:15am	Pilates Strength* 10:30-11:15am	Gentle Yoga* 10:30-11:30am	Zumba 10:30-11:15am	
12pm		Strength Fit 12:10-12:45pm	Kettlebell Blast 12:10-12:45pm	Active Yoga* 12:10-12:45pm	TRX* 12:10-12:45pm	Zumba 12:10-12:45pm	
1pm							
3pm							
4pm			Zumba* 4:30-5:15pm				
5pm		Loud Cycle* 5:30-6:15pm	Gentle Yoga* 5:30-6:30pm	Cycle* 5:30-6:15pm	TRX* 5:30-6:15pm		
6pm							