

Drop In Fitness Schedule Spring Term 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15-7:00 am Y-Cycle	6:00-7:15 am Yin Yoga	6:15-7:00 am Y-cycle		6:15 –7:15am Functional Strength Class	8:30-9:30 am Y-Cycle
Aquafit 9:00-9:45 am	Aquafit 9:00-9:45 am	Aquafit 9:00-9:45 am	Aquafit 9:00-9:45 am	Aquafit 9:00-9:45 am	Aquafit 10:30-11:15 am
Y-Fit Circuit 12:10-12:50 pm	Y-Fit Kettlebells 12:10-12:50 pm	Y-Fit Strength 12:10-12:50 pm	Y-Fit Bootcamp 12:10-12:50 pm	Y-Fit Circuit 12:10-12:50 pm	<p>Book an appointment with one of our friendly personal trainers to take your fitness program to the next level!</p> <p>Call 306 652 7515 To find out more!</p>
Y-Cycle 12:10-12:50 pm	Flow Yoga 12:10 – 1:10 pm	Y-Cycle 12:10-12:50 pm	Yoga 12:10-1:10 pm	Y-Cycle 12:10-12:50 pm	
Aquafit 1:30-2:15 pm		Aquafit 1:30-2:15 pm		Aquafit 1:30-2:15 pm	
Beginner Yoga 6:15-7:15 pm	Zumba 5:30-6:30 pm	Zumba 5:00-6:00 pm	Zumba 6:00-7:00pm	<p><i>Drop in class times are subject to change</i></p>	
	Aquafit 5:15-6:00 pm		Aqua Step 7:00-7:45 pm		
	Outdoor Bootcamp 6:00 – 7:00pm		Intense Intervals 5:30-6:00 pm		
			Hard CORE 6:00 -6:30 pm		