## **Group Fitness**

## Spring **2024**

In effect Apr. 2 -

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Maillardville Community Centre (MCC) Drop-in						
<b>Tai Chi</b> 9:15 – 10:15 a.m.	<b>Pilates</b> 9:30 – 10:30 a.m.		<b>Zumba®</b> 9:30 – 10:30 a.m.	<b>NRG Circuit</b> 9:15 – 10:15 a.m.	<b>Zumba®</b> 9:30 – 10:30 a.m.	<b>Hatha Yoga</b> 9:30 – 10:30 a.m.
<b>Pilates</b> 10:45 – 11:45 a.m.	<b>Cardio Core</b> <b>Conditioning</b> 10:45 – 11:45 a.m.	<b>Fit360</b> 10 – 11 a.m.	<b>Hatha</b> <b>Yoga</b> 10:45 – 11:45 a.m.	<b>Essentrics</b> 10 - 11 a.m.	Cardio Core Conditioning 10:45 – 11:45 a.m.	
		<b>Hatha Yoga</b> 11:15 a.m. – 12:15 p.m.		<b>Cardio Dance Fit</b> 10:30 - 11:30 a.m		
<b>Zumba®</b> 12:15 – 1:15 p.m.				<b>Hatha Yoga</b> 11:45 a.m. – 12:45 p.m.		
				<b>Dance4One</b> 3 - 4 p.m.		
	<b>Zumba®</b> 6:15 – 7:15 p.m.				<b>Dance4One</b> 7:30 – 8:30 p.m.	
			<b>Yin Deep Stretch</b> <b>Yoga</b> 7:45 – 8:45 p.m.			
					For the most up-to-date schedule	

Schedule subject to change without notice. Drop-in tickets available 30 minutes prior to class start time. Space is limited.

