

# Group Fitness

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Poirier Sport & Leisure Complex (PSLC) Drop-in

	<b>Group Ride*</b> 8:30 – 9:15 a.m.	<b>Group Ride*</b> 9:30 – 10:30 a.m.		<b>Group Ride*</b> 9:30 – 10:30 a.m.	<b>Group Ride*</b> 8:30 – 9:15 a.m.	<b>Group Ride*</b> 8:15 – 9 a.m.
<b>Vinyasa Flow Yoga</b> 9 – 10 a.m	<b>NRG Circuit</b> 9:45 - 10:45 a.m.	<b>Vinyasa Flow Yoga</b> 9:30 – 10:30 a.m.	<b>Cardio Core Conditioning</b> 9:30 – 10:30 a.m.	<b>Vinyasa Flow Yoga</b> 9:30 – 10:30 a.m	<b>Step Remix</b> 9:30 – 10:30 a.m	<b>Zumba Toning®</b> 9:30 – 10:30 a.m.
	<b>Zumba®</b> 11 a.m. - 12 p.m.	<b>Body Basics</b> 10:45 – 11:45 a.m.	<b>Hatha Yoga</b> 10:45 a.m. – 12 p.m.		<b>Pilates</b> 10:45 - 11:45 a.m.	<b>Hatha Yoga</b> 11 a.m. – 12 p.m.
	<b>Group Ride*</b> 6 – 6:45 p.m.	<b>Group Ride*</b> 6 – 6:45 p.m.	<b>Group Ride*</b> 6 – 6:45 p.m.			
		<b>Iron &amp; HIIT</b> 6 – 7 p.m.	<b>NRG Circuit</b> 6 – 7 p.m.	<b>Pilates</b> 6 – 7 p.m.		
	<b>Fit 360</b> 7:15 – 8:15 p.m.		<b>Zumba®</b> 7:15 – 8:15p.m.	<b>Iron &amp; HIIT</b> 7:15 – 8:15 p.m.		
<b>Hatha Yoga</b> 7:30 – 8:30 p.m.	<b>Hatha Yoga</b> 7:45 – 9 p.m.	<b>Hatha Yoga</b> 8:30 – 9:30 p.m.			For the most up-to-date schedule 	

Schedule subject to change without notice. \*Pre-registration is required for this program.