

FITNESS CENTRE -OCTOBER DROP-IN CLASSES

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---|--|---|--|-------------------|--|
| |  | | | 1 5:30pm Strong Nation™ 6:30pm Pump It Up | 2 4:45pm Step | 3 10:00am Flexibility & Strength Yoga |
| 4 | 5 5:00pm Booty Barre™ 6:15pm Spin | 6 6:15am HIIT the Track 5:00pm Cardio & Strength 6:15pm Zumba® | 7 6:00pm Pound™ 7:00pm Freedom Flow Yoga | 8 5:30pm Strong Nation™ 6:30pm Pump It Up | 9 4:45pm Step | 10 9:00am Step 10:00am Flexibility & Strength Yoga |
| 11 |  | | 14 6:00pm Pound™ 7:00pm Freedom Flow Yoga | 15 5:30pm Strong Nation™ 6:30pm Pump It Up | 16 4:45pm Step | 17 10:00am Flexibility & Strength Yoga |
| 18 | 19 5:00pm Booty Barre™ 6:15pm Spin | 20 6:15am HIIT the Track 5:00pm Cardio & Strength 6:15pm Zumba® | 21 6:00pm Pound™ 7:00pm Freedom Flow Yoga | 22 5:30pm Strong Nation™ 6:30pm Pump It Up | 23 4:45pm Step | 24 10:00am Flexibility & Strength Yoga |
| 25 | 26 5:00pm Booty Barre™ 6:15pm Spin | 27 6:15am HIIT the Track 5:00pm Cardio & Strength 6:15pm Zumba® | 28 6:00pm Pound™ 7:00pm Freedom Flow Yoga | 29 5:30pm Strong Nation™ 6:30pm Pump It Up | 30 4:45pm Step | 31 9:00am Step 10:00am Thriller! |

This schedule reflects our drop-in fitness classes.

Yoga participants must provide their own equipment including blocks, bolsters, straps, and mats.