

Group Fitness Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
5:30-6:20pm Kettlebell Kraze	12:30-1:20pm DanceFit 5:30-6:20pm Zumba	12:30-1:20pm Kickboxing 4:30-5:20pm CSI	12:30-1:20pm Cyclefit 6:30-7:20pm Tabata 7:30-8:20pm Yoga	12:30-1:00pm Gentle Stretch		

- To ensure you are viewing the most up to date schedule, always visit: <https://eo.ymca.ca/what-we-offer>
- Last Updated: August 30, 2023



SCHEDULES