

Group Fitness Schedule

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

- To ensure you are viewing the most up to date schedule, always visit: <https://eo.ymca.ca/what-we-offer>
- Last Updated: January 2, 2024

