

Group Fitness Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
	7:00-7:50am Wake & Workout	6:30-7:20am Early Bird Bootcamp				
8:30-9:20am Circuit		1:00-1:30pm Quick HIIT	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 31, 2024



SCHEDULES