

Group Fitness Schedule



| MON | TUES | WED | THU | FRI | SAT | SUN |
|--|---|--|---|---|-----|-----|
| <p>5:30-6:20pm Kettlebell Kraze</p> | <p>7:00-7:50am Wake Up & Workout</p> <p>5:30-6:20pm Zumba</p> | <p>6:30-7:20am Early Bird Bootcamp</p> <p>1:00-1:30pm Quick HIIT</p> <p>4:30-5:20pm CSI</p> | <p>12:30-1:20pm Cyclefit</p> <p>6:30-7:20pm Tabata</p> <p>7:30-8:20pm Yoga</p> | <p>12:30-1:00pm Gentle Stretch</p> | | |

- To ensure you are viewing the most up to date schedule, always visit: <https://eo.ymca.ca/what-we-offer>
- Last Updated: March 25, 2024



SCHEDULES