

St. Lawrence College // Effective: April 21 2025

Group Fitness Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
		11:30-12:20pm Total Body Sculpt	12:30-1:20pm Cyclefit			
5:30-6:20pm Kettlebell Kraze		12:30-1:00pm Gentle Stretch	6:30-7:20pm Tabata			

- To ensure you are viewing the most up to date schedule, always visit: <https://eo.ymca.ca/what-we-offer>
- Last Updated: April 16 2025



SCHEDULES