

St. Lawrence College // Effective: September 12, 2024

Group Fitness Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
8:00-8:50am Circuit	7:00-7:50am Morning HIIT Fit					
		12:30-1:00pm Gentle Stretch	12:30-1:20pm Cyclefit			
	4:30-5:20pm CSI					
5:30-6:20pm Kettlebell Kraze	5:30-6:30pm Yoga					
6:30-7:20pm Zumba			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: September 11, 2024



SCHEDULES