

St. Lawrence College // Effective: September 26, 2024

# Group Fitness Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
<b>8:00-8:50am</b> Circuit	<b>7:00-7:50am</b> Morning HIIT Fit	<b>11:30-12:20pm</b> Strength Cardio Combo	<b>12:30-1:20pm</b> Cyclefit			
	<b>4:30-5:20pm</b> CSI	<b>12:30-1:00pm</b> Gentle Stretch				
<b>5:30-6:20pm</b> Kettlebell Kraze	<b>5:30-6:30pm</b> Yoga					
<b>6:30-7:20pm</b> Zumba			<b>6:30-7:20pm</b> Tabata			

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



SCHEDULES