

St. Lawrence College // Effective: July 2, 2024

Summer Group Fitness Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
	8:00-8:50am Wake Up & Workout					
		12:00-12:30pm Gentle Stretch	12:00-12:50pm Cyclefit			
5:30-6:20pm Kettlebell Kraze			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: June 18, 2024



SCHEDULES