

St. Lawrence College // Effective: July 30, 2024

# Summer Group Fitness Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
		<b>12:00-12:30pm</b> Gentle Stretch	<b>12:00-12:50pm</b> Cyclefit			
<b>5:30-6:20pm</b> Kettlebell Kraze			<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: July 29, 2024



SCHEDULES