

# Group Exercise Schedule: WINTER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Express Cycle</b> 11:30 - 12:00 New Time Trudy	<b>Well Built</b> 11:30 – 12:15 Janine * Step every 4 weeks *	<b>Power Cycle</b> 11:30 - 12:15 Kordi	<b>Yoga</b> 11:10 – 11:55 NEW DAY/TIME Andrea *Please bring your own mat*	
<b>Kickboxing</b> 12:20 – 1:05 Bryan *TKO/Circuit every 4 weeks*	<b>Yoga</b> 12:20 – 1:05 Chantal *Please bring your own mat*	<b>Barre-CORE</b> 12:20 – 1:05 Laura	<b>Shred It</b> 12:20 – 1:05 New Time Kevin / Kordi	

\*TKO/Step: Jan 15/16, Feb 12/13, Mar 11/12, April 8/9\*  
 This is a dynamic schedule and will change with member needs.

Online sign-up for each day begins the day prior.  
 Classes may not run with 3 or fewer participants.

Class instructor may vary due to injury/illness.

\*There will be no classes on Holidays