# Group Exercise Schedule Spring 2026

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| | **Yoga Sculpt**<br>*6:30 – 7:15AM*<br>Kylie<br>***register using the ECT Portal**** | **CENTENNIAL PLACE**<br>*contact staff for details* | | |
| **Cycle & Core**<br>*11:30 - 12:15*<br>Kordi | **Well Built**<br>*11:30 – 12:15*<br>Janine<br>* **Step** once a month * | | **Yoga**<br>*11:25 – 12:10*<br>Kylie<br>**Please bring a mat** | Please note the unique start times<br>See online schedule or speak with staff for upcoming details* |
| **Super Circuit**<br>*12:20 – 1:05*<br>Megan | **Yoga**<br>*12:20 – 1:05*<br>Chantal<br>* **Joga** once a month *<br>**Please bring a mat** | **NEW Style & Instructor**<br>**Strength & Core**<br>*12:20 – 1:05*<br>Jessie | **Shred It**<br>*12:20 – 1:05*<br>Kevin | **Freestyle Friday**<br>*12:00 - 12:45*<br>*times may vary*<br>LivUnltd Staff or Contractor |

*Step/Joga: May 5, June 2, June 30*

This is a dynamic schedule and will change with member needs.

Online sign-up for each day begins the day prior.

Class may be cancelled if fewer than 3 members are registered within one hour of start time.

**Class instructor may vary due to injury/illness**

**There will be no classes on Holidays**