

Stat Holidays: Sept 07 – No group fitness classes. Pool closed

Room Guide: (G) Gymnasium · (CS) Cycle Studio · (FS) Fitness Studio · (MP) Multi-Purpose Room 2/3 · (P) Pool · (FF) Fitness Floor

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning/Afternoon - Open to 4:00pm						
Cycle (CS) 6:15am-7:00am	Strength (G) 6:15am BACK IN SEPT.	Cycle (CS) 6:15am-7:15am	Sweat (G) 6:15am-7:00am	Cycle (CS) 6:15am-7:15am		
POOL CLOSED	POOL CLOSED	POOL CLOSED	POOL CLOSED	POOL CLOSED	POOL CLOSED	
Hatha Yoga (FS) 9:15am - 10:15am	Strength & Balance Express (MP) 8:30am- 9:15am	Dance (FS) 9:15am - 10:15am	Strength & Balance Express (MP) 8:00am - 8:45am	Y Strength (G) 9:15am - 10:15am		
Strength (G) 9:15am - 10:15am	Step & Strength (FS) 9:15am - 10:15am	Sweat (G) 9:15am - 10:15am	Step (FS) 9:15am - 10:15am		Step (FS) 9:15am - 10:15am	
Cycle (CS) 9:15am BACK IN SEPT		Cycle (CS) 9:15am BACK IN SEPT.	Cycle (CS) 9:15am - 10:15am		Cycle (CS) 9:15am - 10:15am	Cycle (CS) 8:15am - 9:00am
POOL CLOSED	POOL CLOSED	POOL CLOSED	Chair Yoga (MP) 9:30am - 10:15am	POOL CLOSED	Pre-Teen Orientation (FF) 11:00am - 12:00pm	Pre-Teen Orientation (FF) 9:30am - 10:00am
		Vinyasa Yoga (FS) 10:45am - 11:45am		Yin Yoga (FS) 10:30am - 11:30am		Teen Orientation (FF) 10:00am - 11:00am
Gentle Cardio (G) 10:45am - 11:30am	Strength Express (FS) 10:45am - 11:30am	Gentle Cardio (G) 10:45am - 11:30am	Strength Express (FS) 10:45am - 11:30am		Dance (FS) 10:45am - 11:45am	Restorative Yoga (FS) 10:00am - 11:15am
Stretch (FS) 11:45am - 12:30pm	Adult Walking (G) 11:00am - 11:30am		Adult Walking (G) 11:00am - 11:30am	Core & Stretch (FS) 11:45am - 12:30pm		
Lunch Express (MP) 12:15pm - 12:45pm	Gentle Basics (MP) 11:30am - 12:30pm	Gentle Flow Yoga (FS) 12:00pm - 1:00pm	Gentle Basics (MP) 11:30am - 12:30pm			
	Gentle Basics Circuit (FF) 1:30pm - 2:30pm	Strength & Balance Express (MP) 12:00pm - 12:45pm	Gentle Basics (MP) 12:45pm - 1:45pm			
Gentle Cardio & Tone (G) 1:30pm-2:30pm		Gentle Cardio & Tone (G) 1:30pm-2:30pm		Gentle Cardio & Tone (G) 1:30pm-2:30pm		
Evening - 4:00pm - Close						
Teen Orientation (FF) 4:00pm - 5:00pm						
Pre-Teen Orientation (FF) 5:00pm-6:00pm	Vinyasa Yoga (FS) 5:30pm - 6:30pm	Hatha Yoga (FS) 5:30pm - 6:30pm	Vinyasa Yoga (FS) 5:30pm - 6:30pm	Sweat (G) BACK IN SEPT.		
Sweat (G) 5:30pm - 6:30pm		Strength (G) 5:30pm - 6:30pm	Sweat (G) 6:45pm - 7:45pm			
POOL CLOSED		Cycle (CS) 6:45pm-7:45pm	POOL CLOSED			
Core 6:45-7:45pm	Cycle 6:45-7:45pm				Updated August 7	
For bookings, live updates, instructors and class descriptions, please check the YMCA BC app						