



South Branch

Effective February 27, 2023

GROUP FITNESS CLASSES

*classes are subject to change or cancellation without notice

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquafit - Shallow 8:00am - 8:45am	Aquafit - Deep 9:00am - 9:45am	Aquafit - Shallow 9:00am - 9:45am	Deep Water Running 9:00am - 9:45am	Aquafit - Shallow 8:00am - 8:45am	Aquafit - Shallow 8:30am - 9:15am	Aqua Zumba 8:30am - 9:15am
Shallow Water Running 9:00am - 9:45am	CycleFit 9:15am - 10:00am	Sculpt on the Step 9:15am - 10:00am	Total 20's 9:15am - 10:15am	Cardio Blast 9:15am - 10:00am	Synrgy 9:15am - 10:15am	Cyclefit 9:15am - 10:00am
Total Sculpt 9:15am - 10:00am	Abs+ 9:15am - 9:45am	TRX 9:15am - 10:00am	Yoga - Hatha 9:15am - 10:15am	Strength + Stretch 9:15am - 10:15am	Zumba 9:15am - 10:00am	Yoga - Hatha 9:15am - 10:15am
Synrgy 9:15am - 10:15am	Zumba 10:00am - 10:45am	Yoga - Hatha 10:15am - 11:00am			Abs+ 10:15am - 10:45am	TRX+ 10:15am - 11:00am
Yoga - Kaiut 10:15am - 11:15am	Aquafit - Shallow 1:15pm - 2:00pm	Gentle Fit 1:15pm - 2:00pm				
Low Impact Aerobics 1:15pm - 2:00pm	Triple Sets 6:00pm - 6:45pm	CycleFit 6:00pm - 6:45pm	Synrgy 6:00pm - 7:00pm	Synrgy 5:30pm - 6:30pm		
TRX 6:00pm - 6:45pm	Synrgy 6:00pm - 7:00pm	Beginner Strength 6:00pm - 6:45pm	Zumba 6:00pm - 6:45pm			
Beginner Cardio 6:00pm - 6:45pm	Yoga - Vinyasa 7:15pm - 8:15pm					
Body Link 7:00pm - 7:45pm			Aquafit - Shallow 8:15pm - 9:00pm			
Aqua Zumba 7:45pm - 8:30pm						

● Speciality
 ● Strength-based
 ● Cardio-based
 ● Aquatic-based
 ● Gentle Fit-based

Monday - Friday: 6:00 am - 10:30 pm • Saturday - Sunday: 7:00 am - 8:00 pm
 5 Fermor Street • 204.233.3476 • ywinnipeg.ca