








# Elmwood-Kildonan Branch

Effective June 2023

## GROUP FITNESS CLASSES

\*classes are subject to cancellation or change without notice

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Triple Sets</b> 6:30am - 7:15am		<b>HIIT + Strength</b> 6:30am - 7:15am		<b>HIIT + Strength</b> 6:30am - 7:15am		
<b>Aquafit - Shallow</b> 9:15am - 10:00am	<b>Aquafit - Shallow</b> 9:15am - 10:00am	<b>Aquafit - Shallow</b> 9:15am - 10:00am	<b>Aqua Zumba</b> 9:15am - 10:00am	<b>Aquafit - Shallow</b> 9:15am - 10:00am	<b>Total 20's</b> 9:00am - 10:00am	<b>Aquafit - Shallow</b> 9:15am - 10:00am
<b>Total Sculpt</b> 9:15am - 10:00am	<b>Total 20's</b> 9:15am - 10:00am	<b>Bandtastic Sculpt</b> 9:15am - 10:00am	<b>Step +</b> 9:15am - 10:00am	<b>Abs+</b> 9:15am - 9:45am	<b>Yoga - Hatha</b> 10:15am - 11:15am	
	<b>Aquafit - Shallow</b> 12:00pm - 12:45pm		<b>Aquafit - Shallow</b> 12:00pm - 12:45pm			
			<b>Zumba Gold</b> 1:30pm - 2:15pm		<b>Aqua Zumba</b> 1:00pm - 1:45pm	
<b>Beginner Strength</b> 6:00pm - 6:45pm		<b>Zumba</b> 6:00pm - 6:45pm				
	<b>Triple Sets</b> 6:00pm - 6:45pm	<b>Total Sculpt</b> 6:45pm - 7:30pm	<b>Yoga - Vinyasa</b> 6:00pm - 7:00pm			
<b>Zumba</b> 7:15pm - 8:00pm	<b>Yoga - Vinyasa</b> 7:00pm - 8:00pm					
<b>Aquafit - Shallow</b> 8:00pm - 8:45pm		<b>Aquafit - Shallow</b> 8:00pm - 8:45pm				

 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  
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