

Group Fitness & Rec Sport (Ages 18+)

Time	Program	Room
MONDAY		
6:00 - 7:00 am	Bars and Plates	BTS
9:15 - 10:00 am	Aqua Fit - Parent & Tot	RMP
9:15 - 10:00 am	Boot Camp	Gym 1
9:15 - 10:00 am	Cycle Fit	BTS
10:30 - 11:00 am	HIIT	CFT
10:30 - 11:15 am	Active Families	Gym 1
10:30 - 11:30 am	Mat Pilates	BTS
12:15 - 1:00 pm	Ball Fit	BTS
1:30 - 2:15 pm	Kettle Bell - Ready to be Fit ❤️	BTS
4:45 - 5:30 pm	Cycle/Pilates	BTS
5:45 - 6:30 pm	Kettle Bell	BTS
6:30 - 7:30 pm	Family Bollywood	UWR
6:45 - 7:45 pm	Learn to Lift * (Oct 2- Nov 20)	BTS
7:30 - 8:15 pm	Aqua Fit	RMP
8:00 - 9:00 pm	Karate	BTS

TUESDAY		
9:15 - 10:00 am	Cycle Fit	BTS
9:15 - 10:00 am	Aqua Jog	RMP
10:30 - 11:30 am	Yoga	BTS
12:15 - 1:00 pm	Cycle Fit	BTS
1:30 - 2:15 pm	Core Strength and Stretch - Ready to be Fit ❤️	BTS
5:00 - 5:45 pm	Cycle Fit	BTS
6:00 - 6:30 pm	HIIT	BTS
6:30 - 7:30 pm	Handball-Beginner	SFC/KMKC
7:30 - 9:30 pm	Drop in Handball	SFC/KMKC
7:30 - 8:15 pm	Aqua Fit	RMP
7:45 - 8:45 pm	Body Blast	BTS

WEDNESDAY		
6:00 - 6:45 am	Cycle Fit	BTS
9:15 - 10:00 am	Aqua Jog	RMP
9:15 - 10:00 am	Kettle Bell	BTS
10:30 - 11:15 pm	Active Families	Gym 1
10:30 - 11:30 am	Bars & Plates	BTS
12:15 - 1:00 pm	Yoga Pilates Fusion	BTS
1:30 - 2:30 pm	Gentle Yoga - Ready to be Fit ❤️	BTS
2:45 - 3:45 pm	Learn to Lift * (Oct 4- Nov 22)	BTS
4:45 - 5:30 pm	Cycle/Pilates	BTS
5:30 - 6:15 pm	Pre/Post Natal Fitness	BTS
6:30 - 7:30 pm	Women on Weights (WOW)	BTS
6:30 - 7:30 pm	Bollywood	UWR

Open Gymnasium Schedule

Day	Gym	Gym 1
MON	5:00 - 9:00 am 5:00 - 9:45 pm	11:30 am - 5:00 pm
TUES	5:00 - 9:00 am 7:00 - 9:45 pm	12:00 pm - 6:45 pm
WED	5:00 - 9:00 am 8:00 - 9:45 pm	11:30 am - 8:00 pm
THURS	5:00 - 9:00 am 7:00 - 9:45 pm	12:00 - 7:00 pm
FRI	5:00 - 9:00 am	10:00 am - 6:00 pm 8:00 - 8:45 pm
SAT	6:00 - 9:00 am 4:00 - 8:45 pm	11:00 am - 1:00 pm
SUN	6:00 - 9:00 am 3:00 - 8:45 pm	1:00 - 2:00 pm

Time	Program	Room
8:00 - 9:00 pm	Karate	BTS

THURSDAY		
9:15 - 10:00 am	Cycle/Pilates	BTS
9:15 - 10:00 am	Aqua Jog	RMP
10:30 - 11:30 am	Yoga	BTS
12:15 - 1:00 pm	Cycle Fit	BTS
1:30 - 2:15 pm	Ball Fit - Ready to be Fit ❤️	BTS
5:00 - 5:45 pm	Cycle Fit	BTS
6:00 - 6:30 pm	HIIT	BTS
7:30 - 8:15 pm	Aqua Jog	RMP
7:45 - 8:45 pm	Body Blast	BTS

FRIDAY		
6:00 - 7:00 am	Ball Fit	BTS
9:15 - 10:00 am	Aqua Fit - Parent & Tot	RMP
9:15 - 10:00 am	Cycle Fit	BTS
9:15 - 9:45 am	HIIT	CFT
10:30 - 11:30 am	Ball Fit	BTS
5:00 - 6:00 pm	Bars & Plates	BTS

SATURDAY		
9:15 - 10:15 am	Cycle Fit	BTS
10:00 - 11:00 am	Active Families	Gym 1
10:45 - 11:45 am	Learn to Lift * (Oct 7- Dec 2)	BTS
1:00 - 2:00 pm	Boot Camp	BTS

SUNDAY		
9:00 - 9:45 am	Yoga	BTS
12:00 - 12:45 am	Cycle Fit	BTS
2:00 - 3:00 pm	YogAlign	BTS