

# CLASS SCHEDULE

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Yoga  
9 am

Cardio  
9 am

Yoga  
9 am

HIIT  
9 am

Zumba  
Toning  
10:30 am

HIIT  
4:15 pm

Vinyasa Yoga  
4:30 pm

Get Fit  
Bootcamp  
4:15 pm

\*\* Hockey Specific  
Strength/Agility Class  
5:00 - 6:00

Circuit  
6:00 pm

\*\* Hockey Specific  
Strength/Agility Class  
7:00 - 8:00

Zumba  
7 pm

Cardio  
Step Class  
7:30 pm