

CLASS SCHEDULE

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Yoga
9 am

Cardio
9 am

Yoga
8:30 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

Functional
Training
5 pm

Circuit
6:00 pm

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

Zumba
7 pm

Cardio
Step Class
7:30 pm