



CPSA Rec Center Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5am	5:30am Zumba Sparkle		5:30am Zumba Sparkle			BUILDING CLOSED
6am	6:00am Cycling Osra		6:00am Cycling Osra		6:00am Cycling Osra	BUILDING CLOSED
7am						BUILDING CLOSED
8am		8:00am H.I.I.T Irene	8:15am Pound Geri	8:00am Circuit Irene	8:00am Yoga Whitney	8:30am The Body Shop Irene
		8:30am Ab&Core Irene				
9am	9:00am Total Body Cardio Lindsey	9:00am FormFit Oscar	9:00am Zumba Teddie	9:00am Pound Geri	9:00am T.B.C Lindsey	9:30am Zumba Teddie/ Sparkle
			9:00am Cycling Deb		9:00am Cycle Teddie/Irene	
10am	10:00am PIYO Teddie	10:15am Tai Chi Rose	10:00am Strength&Grace Irene	10:00am Total Body Cardio Lindsey	10:00am Fusion Irene	9:30am Cycling Irene
11am	11:00am Water Aerobics	11:00am Water Aerobics	11:00am Water Aerobics	11:00am Water Aerobics	11:00am Water Aerobics	
NOON						
4pm	4:30pm Zumba Teddie	4:30pm Pound Geri	4:30pm Zumba Teddie			
5pm	5:00pm Cycling Irene	5:30pm Circuit Irene	5:30pm Kickbox Weslie	5:30pm H.I.I.T. Irene	5:00pm Total Body Cardio Lindsey	
	5:30pm Final Cut Weslie	5:30pm Cycling Tracy				
6pm		6:30pm Pound Coty	6:00pm Cycling Irene	6:00 pm Ab & Core Irene		
7pm			7:00pm Yoga Leslee	7:00pm Zumba Sparkle	BUILDING CLOSED	BUILDING CLOSED
	STUDIO 1	STUDIO 2	POOL	Basketball Gym		Racketball

The Group Fitness class schedule is subject to change without notice