

Group Exercise Class Schedule

Schedule from March 4 - 28 2024

Monday

Tuesday

Wednesday

Thursday

Friday

Scan QR Code or
select Member
Portal link below to
register for classes



[Member Portal](#)

PURCHASE OPTIONS

- \$50.00: Unlimited Class Pass
- \$40: 4 Drop-in Passes
- \$12: 1 Drop-in Pass

Prices don't include GST

STRONG
12:00 -12:45pm
with Darrin
Studio A

Boot Camp
12:00 -12:45pm
with Nicole
Studio A

**Ballet Beats:
Barre**
11:30 -12:30pm
with Sharon
Studio A

Cycle
12:30 -1:15 pm
with Nicole
Studio B

Synrgy Circuit
11:30 -12:15pm
with Darrin
Weight Floor

Yoga
12:15 -1:00 pm
with Claudia
Studio A

No Classes

- Space is limited
- Please bring your own Yoga mat to Yoga
- Class registration opens 7 days in advance
- Schedule/instructors are subject to change