

Collicutt Centre FITNESS DROP-IN SCHEDULE

rec(create)RD



SEPTEMBER 2 - OCTOBER 31, 2024

	MON	TUES	WED	THURS	FRI	SAT	SUN
MORNING CLASSES	<p>*UPPER BODY BLAST 8:30 - 9:15 a.m. No class Sept 30, Oct 14</p>				<p>*MIX & MATCH 6 - 6:45 a.m.</p>		
	<p>FUSION 9:30 – 10:30 a.m. No class Sept 30, Oct 14</p> <p>SPIN 9:30 – 10:15 a.m. (Spin Bikes) No class Sept 30, Oct 14</p> <p>*MILD MORNING WORKOUT 11 - 11:45 a.m. No class Sept 30, Oct 14</p>	<p>POWER HOUR 9:30 – 10:30 a.m.</p>	<p>FUSION 9:30 – 10:30 a.m.</p> <p>SPIN 9:30 – 10:15 a.m. (Spin Bikes)</p> <p>*MILD MORNING WORKOUT 11 - 11:45 a.m.</p>	<p>CIRCUIT TRAINING 9:30 – 10:30 a.m.</p>	<p>GUTS & BUTTS 9:30 – 10:30 a.m.</p>	<p>MIX & MATCH 9 – 10 a.m.</p>	<p>*SHAPE & FIRM 9 – 10 a.m.</p>
AFTERNOON CLASSES	<p>*MILD MORNING WORKOUT 12 - 12:45 p.m. No class Sept 30, Oct 14</p> <p>SPIN EXPRESS 12:15-12:45 p.m. (Spin Bikes) No class Sept 30, Oct 14</p>		<p>*MILD MORNING WORKOUT 12 - 12:45 p.m.</p>	<p>*LUNCH BLAST 12:15-12:45 p.m.</p>	<p>SHAPE & FIRM 12:15-12:45 p.m.</p>	<p>* PLEASE NOTE: *HYBRID Classes must be pre-booked as an activity reservation to participate virtually.</p> <p>Stat Hours: 12-5 Truth and Reconciliation Day Sept 30 Thanksgiving Monday Oct 14</p>	
EVENING CLASSES	<p>*MIX & MATCH 5:15 – 6 p.m. No class Sept 30, Oct 14</p>	<p>SPIN EXPRESS 5:15 - 5:45 p.m. (Spin Bikes)</p> <p>*UPPER BODY BLAST 6 - 6:45 p.m.</p>	<p>TRIPLE PLAY 5:15 – 6 p.m.</p> <p>TRACK TRAINING 5:30 - 6:30 p.m. (Track)</p>		<p>BODY PUMP 4:30 – 5:15 p.m.</p>		

Youth aged 13-17 are required to complete a youth orientation prior to use of the fitness area.
Parental/guardian approval is required.

Youth aged 13-17 must have appropriate shoe tags visible while using the fitness area and power lifting zone