

# DROP-IN FITNESS SCHEDULE WINTER 2024



### Ladner Leisure Centre:

4600 Clarence Taylor Crescent, Delta, BC V4K 3X3

**Effective Date:**

January 29 - March 31, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
*Cycle Fit 6:15am-7:00am				*Cycle Fit 6:15am-7:00am		
Cycle & Strength 9:15am-10:15am	Cycle & Strength 9:15am-10:15am		Cycle & Strength 9:15am-10:15am			Cycle & Strength 9:15am-10:15am
	*Cycle Fit 12:15pm-1:00pm		*Cycle Fit 12:15pm-1:00pm		*Cycle Fit 10:30am-11:15am	*Cycle Fit 10:30am-11:15am
*Cycle Fit 6:15pm-7:00pm		Cycle & Strength 6:15pm-7:15pm				*45 minute  Modified schedule February 19 March 29