

DROP-IN FITNESS SCHEDULE WINTER 2024



Ladner Community Centre:

4734 51 Street, Delta, BC V4K 3R8, Ladner

Effective Date:

January 29- March 31, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				<p>Step Cardio 9:15am-10:15am Main Hall</p> <p>Fit & Active 10:30am-11:30am Main Hall</p>		
<p>Yoga 1:00pm-2:00pm Main Hall</p>	<p>*Gentle Fit 1:00pm-1:45pm Main Hall</p> <p>*H.I.I.T 5:15pm-6:00pm Multi-Purpose Room</p> <p>Zumba Fitness ® 6:15pm-7:15pm Multi-Purpose Room</p> <p>Yoga 7:30pm-8:30pm Multi-Purpose Room</p>	<p>Yoga 1:00pm-2:00pm Main Hall</p>	<p>*Gentle Fit 1:00pm-1:45pm Main Hall</p> <p>*Muscle Max 5:15pm-6:00pm Multi-Purpose Room</p> <p>Zumba Fitness ® 6:15pm-7:15pm Multi-Purpose Room</p> <p>Yoga 7:30pm-8:30pm Multi-Purpose Room</p>	<p>Yoga 1:00pm-2:00pm Main Hall</p>		<p>PRE-REGISTRATION REQUIRED for ALL LADNER COMMUNITY CENTRE DROP-IN FITNESS</p> <p>*45 minute</p> <p>Modified schedule February 19 March 29</p>