## **DROP-IN FITNESS SCHEDULE SPRING 2024**



## **Ladner Leisure Centre:**

4600 Clarence Taylor Crescent, Delta, BC V4K 3X3

## **Effective Date:**

April 15 - June 30, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
*Cycle Fit				*Cycle Fit		
6:15am-7:00am				6:15am-7:00am		
					Muscle Max	Step Combo
Step Combo	Muscle Max		Muscle Max	*H.I.I.T.	9:15am-10:15am	9:15am-10:15am
9:15am-10:15am	9:15am-10:15am	Step Cardio	9:15am-10:15am	9:15am-10:00am	# O I = '.	*0   50
Fit and Active	*Gentle Fit	9:15am-10:15am	Cycle O Ctroneth	On the Dall	*Cycle Fit	*Cycle Fit
10:30am-11:30am	10:30am-11:15am	Fit and Active	Cycle & Strength 9:15am-10:15am	On the Ball 10:30am-11:30am	10:30am-11:15am	10:30am-11:15am
10.30a111-11.30a111	10.30a111-11.13a111	10:30am-11:30am	9.13am-10.13am	10.30a111-11.30a111	Zumba Fitness®	
Yoga	*Cycle Fit	10.304111 11.304111	*Gentle Fit	Yoga	10:30am-11:30am	
12:15pm-1:15pm	, 12:15pm-1:00pm	Yoga	10:30am-11:15am	12:15pm-1:15pm		
		12:15pm-1:15pm		·		
	Gentle Yoga		Fit and Functional			
	12:15pm-1:15pm		11:45am-12:30pm			
*H.I.I.T.		*H.I.I.T.	*Cycle Fit			
5:15pm-6:00pm		5:15pm-6:00pm	12:15pm-1:00pm			
Muscle Max	Zumba Fitness®		*Muscle Max			
6:15pm-7:15pm	6:15pm-7:15pm	Cycle & Strength	5:15pm-6:00pm			
		6:15pm-7:15pm				
*Cycle Fit			Zumba Fitness®			
6:15pm-7:00pm		Zumba Fitness®	6:15pm-7:15pm			*45 minute
Voza		6:15pm-7:15pm	Voga			Modified schedule
Yoga 7:30pm-8:30pm		Yoga	Yoga 7:30pm-8:30pm			May 20, 2024
7.3υμπ-6.3υμπ		7:30pm-8:30pm	7.3υμπ-6.3υμπ			ividy 20, 2024