

DROP-IN FITNESS SCHEDULE SPRING 2024



Sungod Recreation Centre:
7815 112 Street, Delta, BC V4C 4V9

Effective Date:
April 1- June 30, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Step Combo 6:15am-7:15am	**H.I.I.T 6:15am-7:00am	Step Combo 6:15am-7:15am				
*Muscle Max 8:15am-9:00am	Yoga 7:00am-8:00am		Yoga 7:00am-8:00am	Yoga 7:00am-8:00am		
Step Cardio 9:15am-10:15am	Muscle Max 9:15am-10:15am	Step Combo 9:15am-10:15am	Muscle Max 9:15am-10:15am	*H.I.I.T 9:15am-10:00am	Muscle Max 9:15am-10:15am	Step Cardio 9:15am-10:15am
	Cycle Fit 9:15am-10:15am	*Cycle Fit 9:15am-10:00am			Cycle & Strength 9:15am-10:15am	Yoga Flow 10:30am-11:30am
Yoga 10:30am-1130am	Simply Stretch 10:30am-11:30am	Yoga 10:30am-1130am	Simply Stretch 10:30am-11:30am		Zumba® 10:30am-1130am	
			Cycle & Strength 10:30am - 11:30am	Yoga 10:30am-1130am		
*H.I.I.T 5:30pm-6:15pm	Cycle & Strength 5:30pm-6:30pm	*H.I.I.T 5:30pm-6:15pm	*H.I.I.T 5:30pm-6:15pm			*45 minutes
	Muscle Max 5:30pm-6:30pm					**located in Gymnasium
Yoga 6:45pm-7:45pm		Yoga 6:45pm-7:45pm				*Modified schedule April 1 and May 20, 2024