

DROP-IN FITNESS SCHEDULE | MONDAY May 20, 2024



Kennedy Seniors Recreation Centre: 11760 88 Avenue, Delta V4C 3C5

CLOSED

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

9:15am - 10:15am Step Cardio
10:30 am - 11:30am Yoga
5:30pm - 6:30pm H.I.I.T. AND 6:45pm - 7:45pm Yoga

North Delta Recreation Centre: 11415 84 Avenue, Delta, BC V4C 2L9, North Delta

NO CLASSES

Ladner Leisure Centre: 4600 Clarence Taylor Crescent, Delta, BC V4K 3X3

9:15am - 10:15am Step Combo AND 12:15pm - 1:15pm Yoga
5:15pm -6:00pm H.I.I.T. AND 6:15pm-7:15pm Muscle Max
7:30pm-8:30pm Yoga

Winskill Aquatic & Fitness Centre: 5575 9 Avenue, Delta, BC V4M 1W1

9:15am-10:00am H.I.I.T