

# DROP-IN FITNESS SCHEDULE SUMMER 2024



## Ladner Leisure Centre:

4600 Clarence Taylor Crescent, Delta, BC V4K 3X3

## Effective Date:

July 1 - September 1, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
*Cycle Fit 6:15am-7:00am				*Cycle Fit 6:15am-7:00am		Step Combo 9:15am-10:15am
Step Combo 9:15am-10:15am	Muscle Max 9:15am-10:15am	Step Cardio 9:15am-10:15am	Muscle Max 9:15am-10:15am	*H.I.I.T. 9:15am-10:00am	Muscle Max 9:15am-10:15am	*Cycle Fit 10:30am-11:15am
Fit and Active 10:30am-11:30am	*Gentle Fit 10:30am-11:15am	Fit and Active 10:30am-11:30am	Cycle & Strength 9:15am-10:15am	On the Ball 10:30am-11:30am	*Cycle Fit 10:30am-11:15am	*Cycle Fit 10:30am-11:15am
Yoga 12:00pm-1:00pm	Chair Yoga 12:00pm-1:00pm	Yoga 12:00pm-1:00pm	*Gentle Fit 10:30am-11:15am	Yoga 12:00pm-1:00pm	Zumba Fitness® 10:30am-11:30am	
	*Cycle Fit 12:15pm-1:00pm		*Fit and Functional 11:30am-12:15pm			
*H.I.I.T. 5:15pm-6:00pm		*H.I.I.T. 5:15pm-6:00pm	*Cycle Fit 12:15pm-1:00pm			
Muscle Max 6:15pm-7:15pm	Zumba Fitness® 6:15pm-7:15pm	Cycle & Strength 6:15pm-7:15pm	*Muscle Max 5:15pm-6:00pm			*45 minute
*Cycle Fit 6:15pm-7:00pm		Zumba Fitness® 6:15pm-7:15pm	Zumba Fitness® 6:15pm-7:15pm			Modified schedule July 1 August 5
Yoga 7:30pm-8:30pm		Yoga 7:30pm-8:30pm	Yoga 7:30pm-8:30pm			