

DROP-IN FITNESS SCHEDULE FALL 2024



Ladner Leisure Centre:

4600 Clarence Taylor Crescent, Delta, BC V4K 3X3

Effective Date:

November 1 - December 20, 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	On the Ball 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	Cycle and Strength 9:15am-10:15am
Fit and Active 10:30am-11:30am	*Gentle Fit 10:30am-11:15am	Fit and Active 10:30am-11:30am	*Gentle Fit 10:30am-11:15am	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	*Cycle Fit 12:15pm-1:00pm	Yoga 12:00pm-1:00pm	Zumba Fitness® 10:30am-11:30am	
*H.I.I.T. 5:15pm-6:00pm	*Cycle Fit 12:15pm-1:00pm	*H.I.I.T. 5:15pm-6:00pm	*Muscle Max 5:15pm-6:00pm			
Muscle Max 6:15pm-7:15pm	Zumba Fitness® 6:15pm-7:15pm	Cycle & Strength 6:15pm-7:15pm	Zumba Fitness® 6:15pm-7:15pm			*45 minute
*Cycle Fit 6:15pm-7:00pm		Zumba Fitness® 6:15pm-7:15pm	Yoga 7:30pm-8:30pm			Modified schedule October 14 November 11
Yoga 7:30pm-8:30pm		Yoga 7:30pm-8:30pm				