

DROP-IN FITNESS SCHEDULE FALL 2024



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

Effective Date:
September 2 - December 20, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	**H.I.I.T 6:15am-7:00am	Step Combo 6:15am-7:15am				
Muscle Max 8:00am-9:00am	Yoga 7:00am-8:00am		Yoga 7:00am-8:00am	Yoga 7:00am-8:00am		
Step Combo 9:15am-10:15am	Muscle Max 9:15am-10:15am	Step Cardio 9:15am-10:15am	Muscle Max 9:15am-10:15am		Muscle Max 9:15am-10:15am	Step Cardio 9:15am-10:15am
*Cycle Fit 9:15am-10:00am		*Cycle Fit 9:15am-10:00am		*H.I.I.T 9:15am-10:00am	Cycle & Strength 9:15am-10:15am	Yoga Flow 10:30am-11:30am
Yoga 10:30am-1130am	Simply Stretch 11:45am-12:45pm	Yoga 10:30am-1130am	Simply Stretch 10:30am-11:30am	Yoga 10:30am-1130am	Zumba® 10:30am-1130am	
		Fit and Active 11:45am-12:45pm			Yoga 12:45pm-1:45pm	
*H.I.I.T 5:30pm-6:15pm	Muscle Max 5:30pm-6:30pm	*H.I.I.T 5:30pm-6:15pm				*45 minutes
	*Cycle Fit 6:45pm- 7:30pm		*H.I.I.T 5:30pm-6:15pm			**located in Gymnasium
Yoga 6:45pm-7:45pm		Yoga 6:45pm-7:45pm				Modified schedule September 2 and 30 October 14 November 11