

DROP-IN FITNESS SCHEDULE SPRING 2025



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

Effective Date:
March 31- June 29, 2025

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------------------|-----------------------------------|-----------------------------------|------------------------------|-------------------------|------------------------------------|---|
| **H.I.I.T 6:15am-7am | | Step Combo 6:15am-7:15am | | | | |
| | Yoga 7am-8am | | Yoga 7am-8am | Yoga 7am-8am | | |
| Muscle Max 8am-9am | | Muscle Max 8am-9am | | | | |
| 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-10am | Muscle Max 9:15am-10:15am | Step Cardio 9:15am-10:15am |
| | | *Cycle Fit 9:15am-10am | *Cycle Fit 9:15am - 10am | | Cycle & Strength 9:15am-10:15am | Yoga Flow 10:30am-11:30am |
| Yoga 10:30am-11:30am | Simply Stretch 11:45am-12:45pm | Yoga 10:30am-11:30am | Yoga 10:30am-11:30am | Yoga 10:30am-11:30am | Zumba® 10:30am-11:30am | |
| | | 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 |
| | | *H.I.I.T 5:30pm-6:15pm | | | | **located in Gymnasium |
| Yoga 6:45pm-7:45pm | *Cycle Fit 6:45pm- 7:30pm | Yoga 6:45pm-7:45pm | *Cycle Fit 6:45pm-7:30pm | | | Modified Schedule April 18, 21 and May 19, 2025 |