

# DROP-IN FITNESS SCHEDULE WINTER 2025



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

**Effective Date:**  
January 6 - March 30, 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-8m	Yoga 7am-8am		
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				
*H.I.I.T 5:30pm-6:15pm	Muscle Max 5:30pm-6:30pm	*H.I.I.T 5:30pm-6:15pm	*H.I.I.T 5:30pm-6:15pm		Yoga 12:45pm-1:45pm	*45 minutes
						**located in Gymnasium
Yoga 6:45pm-7:45pm	*Cycle Fit 6:45pm- 7:30pm	Yoga 6:45pm-7:45pm				Modified schedule February 17