

DROP-IN FITNESS SCHEDULE SUMMER 2025



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

Effective Date:
June 30 - August 31, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Muscle Max 8am-9am	Yoga 7am-8am	Step Combo 6:15am-7:15am		Yoga 7am-8am		
Step Combo 9:15am-10:15am	Muscle Max 9:15am-10:15am	Muscle Max 8am-9am	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
Yoga 10:30am-11:30am		*Cycle Fit 9:15am-10am		Yoga 10:30am-11:30am	Cycle & Strength 9:15am-10:15am	Yoga Flow 10:30am-11:30am
	Simply Stretch 11:45am-12:45pm	Yoga 10:30am-11:30am	Yoga 10:30am-11:30am		Zumba® 10:30am-11:30am	-----
*H.I.I.T 5:30pm-6:15pm	Muscle Max 5:30pm-6:30pm	Fit and Active 11:45am-12:45pm			Yoga 12:45pm-1:45pm	*45 minutes
Yoga 6:45pm-7:45pm	*Cycle Fit 6:45pm- 7:30pm	*H.I.I.T 5:30pm-6:15pm	*H.I.I.T 5:30pm-6:15pm			Modified schedule July 1 and August 4
	Yoga 6:45pm-7:45pm	Yoga 6:45pm-7:45pm				Scan the QR code for the most current drop-in fitness schedule information
						