


DROP-IN FITNESS SCHEDULE FALL 2025



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

Effective Date:
September 1- January 4, 2026

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------------------|-----------------------------------|-----------------------------------|------------------------------|-----------------------------|------------------------------------|---|
| | | Step Combo 6:15am-7:15am | | Yoga 7am-8am | | Step Cardio 9:15am-10:15am |
| 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 | Yoga Flow 10:30am-11:30am |
| Yoga 10:30am-11:30am | | *Cycle Fit 9:15am-10am | | Cycle Fit 9:15am-10:15am | Cycle & Strength 9:15am-10:15am | ----- *45 minutes |
| | 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 | Modified schedule September 1, 30 October 13 November 11 December 26 January 1 |
| *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 | |
| | | NEW Athletix 5:30pm-6:30pm | Muscle Max 5:30pm-6:30pm | | | |
| *Cycle Fit 6:45pm-7:30pm | *Cycle Fit 6:45pm- 7:30pm | | | | | Scan the QR code for the most current drop-in fitness schedule information |
| | Yoga 6:45pm-7:45pm | Yoga 6:45pm-7:45pm | | | |  |