



# DROP-IN FITNESS SCHEDULE WINTER 2026

**Effective Date:** January 5 - March 29, 2026

**Location:** Sungod Recreation Centre

**Address:** 7815 112 Street, Delta, BC V4C 4V9

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 - 8:00 am					Yoga		
8:00 - 9:00 am	Muscle Max		Muscle Max				
9:15 - 10:15 am	Step Combo	Muscle Max	Step Cardio	Muscle Max	*H.I.I.T.	Muscle Max	Step Cardio
9:15 - 10:00 am	*Cycle Fit		*Cycle Fit		*Cycle Fit	Cycle & Strength	
10:30 - 11:30 am	Yoga		Yoga	Yoga	Yoga	Zumba ®	Yoga Flow
11:45 - 12:45 pm		Simply Stretch	Core & More				
12:45 - 1:45 pm						Yoga	
5:30 - 6:30 pm	*H.I.I.T.	Muscle Max	*Athletix	Muscle Max		<b>Modified Schedule</b> February 16th	
6:45 - 7:45 pm			Yoga				
6:45 - 7:45 pm		*Cycle Fit				*45 minutes	
7:00 - 8:00 pm		Yoga					

**Schedules are subject to change without notice.**

Learn more at [delta.ca/Fitness](https://delta.ca/Fitness) or scan the QR code.

