



DROP-IN FITNESS SCHEDULE WINTER 2026

Effective Date: January 5 - March 29, 2026

Location: Ladner Leisure Centre

Address: 4600 Clarence Taylor Crescent, Delta, BC V4K 3X3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 - 7:00 am	*Cycle Fit				*Cycle Fit		
9:15 - 10:15 am	Step Combo	On the Ball	Step Combo	Muscle Max	*H.I.I.T.	Muscle Max	Cycle & Strength
10:30 - 11:15 am	*Muscle Max	*Gentle Fit		*Gentle Fit		*Cycle Fit	
10:30 - 11:30 am			**Fit & Active		On the Ball	Zumba ®	Athletix
12:00 - 1:00 pm	Yoga		Yoga	Yoga	Yoga		
12:15 - 1:00 pm		*Cycle Fit		*Cycle Fit			
12:15 - 1:15 pm		Chair Yoga					
4:15 - 5:00 pm				*Athletix			
5:15 - 6:00 pm	*H.I.I.T.	*Athletix	*H.I.I.T.	*Muscle Max		Modified Schedule February 16th	
6:15 - 7:15 pm	*Cycle Fit		Cycle & Strength				
6:15 - 7:15 pm	Muscle Max	Zumba ®	Zumba ®	Zumba ®		*45 minutes	
7:30 - 8:30 pm	Yoga			Yoga		**Available until mid-Feb	

Schedules are subject to change without notice.

Learn more at delta.ca/Fitness or scan the QR code.

