



DROP-IN FITNESS SCHEDULE SUMMER 2026

Effective Date: June 29 - September 6, 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	*HIIT	Muscle Max	Step Cardio
9:15 - 10:00 am	*Cycle Fit		*Cycle Fit		*Cycle Fit		
10:30 - 11:30 am	Yoga		Yoga	Yoga	Yoga	Zumba®	
11:45 - 12:45 pm	Adapted Fitness	Simply Stretch	Core & More		Core & More		
12:45 - 1:45 pm						Yoga	Yoga Flow
5:30 - 6:30 pm	*HIIT	Muscle Max	*HIIT	Muscle Max			
6:30 - 7:30 pm			Simply Stretch			Modified Schedule July 1 and August 3	
6:45 - 7:45 pm		*Cycle Fit					
7:00 - 8:00 pm		Yoga				*45 minutes	

Schedules are subject to change without notice.

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

