



DROP-IN FITNESS SCHEDULE SUMMER 2026

Effective Date: June 29 - September 6, 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		Step Combo	Muscle Max	*HIIT	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		
12:15 - 1:00 pm		*Cycle Fit		*Cycle Fit			
12:15 - 1:15 pm		Chair Yoga					
5:15 - 6:00 pm	*HIIT	*Athletix	*HIIT	*Muscle Max			
6:15 - 7:15 pm	*Cycle Fit		Cycle & Strength			Modified Schedule July 1 and August 3	
6:15 - 7:15 pm	Muscle Max	Zumba ®	Zumba ®	Zumba ®			
7:30 - 8:30 pm	Yoga			Yoga		*45 minutes	

Schedules are subject to change without notice.
Learn more at delta.ca/Fitness or scan the QR code.

