

DROP-IN FITNESS SCHEDULE FALL 2026

Effective Date: September 7, 2026 - January 3, 2027

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	*Athletix	Muscle Max		**Modified Schedule** Sep 7, Sep 30, Oct 12, Nov 11, Dec 25, Dec 26 and Jan 1.	
6:45 - 7:45 pm		*Cycle Fit					
7:00 - 8:00 pm		Yoga		Yoga		*45 minutes	

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

Delta