

DROP-IN FITNESS SCHEDULE FALL 2026

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

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	Muscle Max	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 ®	Muscle Max
12:00 - 1:00 pm	Yoga		Yoga	Yoga	Yoga		
12:15 - 1:00 pm		*Cycle Fit					
12:15 - 1:15 pm		Chair Yoga					
5:15 - 6:00 pm				*Muscle Max			
6:15 - 7:15 pm	*Cycle Fit		Cycle & Strength			**Modified Schedule** Sep 7, Sep 30, Oct 12, Nov 11, Dec 25, Dec 26 and Jan 1.	
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.

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