

# DROP-IN FITNESS SCHEDULE WINTER 2024



**Sungod Recreation Centre:**  
7815 112 Street, Delta, BC V4C 4V9

**Effective Date:**  
January 8 - March 31, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Step Combo 6:15am-7:15am	Yoga 7:00am-8:00am	Step Combo 6:15am-7:15am	Yoga 7:00am-8:00am	Yoga 7:00am-8:00am		
Step Cardio 9:15am-10:15am	Muscle Max 9:15am-10:15am	Step Combo 9:15am-10:15am	Muscle Max 9:15am-10:15am	*H.I.I.T. 9:15am-10:00am	Muscle Max 9:15am-10:15am	Step Cardio 9:15am-10:15am
	Cycle Fit 9:15am-10:15am	*Cycle Fit 9:15am-10:00am	Cycle & Strength 9:15am-10:15am		Cycle & Strength 9:15am-10:15am	
Yoga 10:30am-11:30am	Simply Stretch 10:30am-11:30am	Yoga 10:30am-11:30am	Simply Stretch 10:30am-11:30am	Yoga 10:30am-11:30am	Zumba Fitness® 10:30am-11:30am	Yoga Flow 10:30am-11:30am
*H.I.I.T 5:30pm-6:15pm	Cycle & Strength 5:30pm-6:30pm	*HIIT 5:30pm-6:15pm	*HIIT 5:30pm-6:15pm			
Yoga 6:45pm-7:45pm	Muscle Max 5:30pm-6:30pm	Yoga 6:45pm-7:45pm				*45 minutes  Modified schedule February 20 March 29