

Fitness Strength & Fitness Cardio (including track) - PRE-BOOKING REQUIRED

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00am	6:00-7:00am	6:00-7:00am	6:00-7:00am	6:00-7:00am		
8:00-9:00am	8:00-9:00am	8:00-9:00am	8:00-9:00am	8:00-9:00am	8:00-9:00am	8:00-9:00am
10:00-11:00am	10:00-11:00am	10:00-11:00am	10:00-11:00am	10:00-11:00am	10:00-11:00am	10:00-11:00am
12:00-1:00pm	12:00-1:00pm	12:00-1:00pm	12:00-1:00pm	12:00-1:00pm	12:00-1:00pm	12:00-1:00pm
3:00-4:00pm	3:00-4:00pm	3:00-4:00pm	3:00-4:00pm	3:00-4:00pm	2:00-3:00pm	2:00-3:00pm
5:00-6:00pm	5:00-6:00pm	5:00-6:00pm	5:00-6:00pm	5:00-6:00pm	4:00-5:00pm	4:00-5:00pm
7:00-8:00pm	7:00-8:00pm	7:00-8:00pm	7:00-8:00pm	7:00-8:00pm		

**program spaces will be available for booking with cleaning time in-between*

Group Fitness Classes - PRE-BOOKING REQUIRED

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates 9:15-9:45am Anita	Yoga 9:15-9:45am Karen	Cycle 9:15-9:45am Maureen	Fit Bodies 9:15-9:45am Karen	Tabata 9:15-9:45am Rob	Bootcamp 9:15-9:45am Varies	
Zumba 10:15-10:45am Tara/Aurora	Bootcamp 10:15-10:45am Steph	Yoga 10:15-10:45am Pat	Kettlebell 10:15-10:45am Helen	Stretch 10:15-10:45am Anita		
Bootcamp 6:30-7:00pm Kyle	Cycle 6:30-7:00pm Rob	Tabata 6:30-7:00pm Varies	Kettlebell 6:30-7:00pm Helen	Strong30 6:30-7:00pm Daniela		
Stretch & Core 7:30-8:00pm Tobias		Yoga 7:30-8:00pm Daniela				

All group fitness classes will take place in the gymnasium.

Book online at www.bwgleisurecentre.ca

All activities will only be available by pre-booking online.
Time slots will be available to book 48 hours ahead of time.
Participants can withdraw up to 2 hours before the activity start.

EXCLUSIONS:

Monday, October 12, 2020 - CLOSED

*schedule subject to change without notice.

