

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		
7:30-8:30am	7:30-8:30am	7:30-8:30am	7:30-8:30am	7:30-8:30am		
9:00-10:00am	9:00-10:00am	9:00-10:00am	9:00-10:00am	9:00-10:00am	8:00-9:00am	8:00-9:00am
10:30-11:30am	10:30-11:30am	10:30-11:30am	10:30-11:30am	10:30-11:30am	9:30-10:30am	9:30-10:30am
12:00-1:00pm	12:00-1:00pm	12:00-1:00pm	12:00-1:00pm	12:00-1:00pm	11:00am-12:00pm	11:00am-12:00pm
2:30-3:30pm	2:30-3:30pm	2:30-3:30pm	2:30-3:30pm	2:30-3:30pm	12:30-1:30pm	12:30-1:30pm
4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	2:00-3:00pm	2:00-3:00pm
5:30-6:30pm	5:30-6:30pm	5:30-6:30pm	5:30-6:30pm	5:30-6:30pm		
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. Registration for all pre-booked drop-in programs will open to BWG residents 2 days before the program date. Registration for all pre-booked drop-in programs will open to non-residents 1 day prior to the program date.

Participants can withdraw up to 2 hours before the activity start.

**schedule subject to change without notice.*

