

DROP-IN

Winter Break Fitness Schedule

Albion Community Centre
24165 104 Avenue

Effective Date: December 24-January 2

| WEDNESDAY DEC 24 | THURSDAY DEC 25 | FRIDAY DEC 26 | SATURDAY DEC 27 | SUNDAY DEC 28 |
|--|---|--|--|---|
| <p>Group Spin 8 AM-8:45 AM</p> <p>Body Sculpt 10:30 AM-11:30 AM</p> <p>Flow Yoga 12:30 PM-1:30 PM</p> |  <p>FACILITY CLOSED</p>  | <p>Spin & Strength 10:45 AM-11:45 AM</p> <p>Pilates 12:30 PM-1:30 PM</p> <p>Zumba 2:30 PM-3:30 PM</p> | <p>Group Spin 8 AM-8:45 AM</p> <p>Power Hour 9:30 AM-10:30 AM</p> | <p>Group Spin 8:15 AM-9 AM</p> <p>Body Sculpt 9:30 AM-10:30 AM</p> |
| MONDAY DEC 29 | TUESDAY DEC 30 | WEDNESDAY DEC 31 | THURSDAY JAN 1 | FRIDAY JAN 2 |
| <p>Group Spin 6 AM-6:45 AM</p> <p>Pilates 10:30 AM-11:30 AM</p> <p>20/20/20 5:30 PM-6:30 PM</p> | <p>Step & Strength 9:15 AM-10:15 AM</p> <p>Group Spin 5:30 PM-6:30 PM</p> <p>Candle Lit Yoga 7 PM-8PM</p> | <p>Group Spin 8 AM-8:45 AM</p> <p>Body Sculpt 10:30 AM-11:30 AM</p> <p>Flow Yoga 12:30 PM-1:30 PM</p> | <p>Spin & Strength 10:45 AM-11:45 AM</p> <p>Pilates 12:30 PM-1:30 PM</p> <p>Zumba 2:30 PM-3:30 PM</p> | <p>Group Spin 6 AM-6:45 AM</p> <p>Cardio Core Conditioning 9:15 AM-10:15 AM</p> |

