



MOVE WITH US

SPECIAL DROP-IN SCHEDULE

AUGUST 18 - SEPTEMBER 10

From August 18 - September 10, the **Maple Ridge Leisure Centre** will be closed to the public as we will be deep cleaning, making safety improvements, and more for our **annual maintenance**. We want to ensure our community still has access to their fitness classes and an opportunity to exercise. Please see our Accommodation Schedule below.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CARDIO MUSCLE MIX 7:30AM - 8:15AM	CARDIO MUSCLE MIX 6:15AM - 7:00AM	CARDIO MUSCLE MIX 6:15AM - 7:00AM	CARDIO MUSCLE MIX 6:15AM - 7:00AM	CARDIO MUSCLE MIX 6:15AM - 7:00AM	CARDIO MUSCLE MIX 6:15AM - 7:00AM	CARDIO MUSCLE MIX 7:30AM-8:15AM
TOTAL BODY BURN 9:30AM - 10:30AM	PUMP IT 9:00AM - 10:00 AM	TOTAL BODY CONDITIONING 9:00AM - 10:00AM	STRENGTH & CORE 9:00AM - 10:00AM	STEP & STRENGTH 9:00AM - 10:00AM	TOTAL BODY CONDITIONING 9:00AM - 10:00AM	POWER 45 9:15AM - 10AM
FLOWYOGA 10:45AM - 11:45AM	PILATES 10:30AM - 11:30AM		BODY WEIGHT BURNER 10:15AM - 11:15AM	PILATES 10:30AM - 11:30AM		FLOWYOGA 10:45AM - 11:45AM
	TOTAL BODY CONDITIONING 12:10PM - 12:55PM		FLOW YOGA 12:00PM - 1:00PM		DEEP STRETCH YIN YOGA 12:10PM - 12:55PM	
		YOGA FOR WELLNESS 1:05PM - 2:05PM				
	HIIT 5:45PM - 6:45PM	BODY WEIGHT BURNER 5:45PM - 6:45PM	CARDIO MUSCLE MIX 6:00PM - 6:45PM	HIIT 5:45PM - 6:45PM		
		CANDLE LIT YOGA 7:00PM - 8:00PM		ZUMBA 7:00PM - 8:00PM		
			ZUMBA 8:15PM - 9:00PM			

All classes during this time will take place at the Albion Community Centre - 24165 104 Avenue