

GROUP FITNESS & SPIN

MAPLE RIDGE LEISURE CENTRE

July 1 - Aug 17, 2024



GROUP FITNESS SCHEDULE

NOTE | All classes take place in Multi-Use 1.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	CARDIO MUSCLE MIX 6:15 AM - 7:00 AM				CARDIO MUSCLE MIX 6:15 AM - 7:00 AM	
FLOW YOGA 8:30 AM - 9:15 AM	PUMP IT 9:00 AM - 10:00 AM	TOTAL BODY CONDITIONING 9:00 AM - 10:00 AM	STRENGTH & CORE 9:00 AM - 10:00 AM	STEP & STRENGTH 9:00 AM - 10:00 AM	TOTAL BODY CONDITIONING 9:00 AM - 10:00 AM	CORE & STRETCH 8:30 AM - 9:30 AM
	TOTAL BODY CONDITIONING 12:10 PM - 12:55 PM	FLOW YOGA 12:10 PM - 12:55 PM	FLEXIBILITY DEEP STRETCH 12:10 PM - 12:55		DEEP STRETCH YIN YOGA 12:10 PM - 12:55 PM	
		YOGA FOR WELLNESS 1:05 PM - 2:05 PM				
	HIIT 5:45 PM - 6:45 PM	BODY WEIGHT BURNER 5:45 PM - 6:45 PM	TABATA 7:00 PM - 8:00 PM	20/20/20 5:45 PM - 6:45 PM		
			ZUMBA 8:15 PM - 9:00 PM			

SPIN SCHEDULE

CHECK OUT OUR NEW CLASSES ON SUNDAYS AND THURSDAYS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
GROUP SPIN 7:30 AM - 8:15 AM		GROUP SPIN 6:15 AM - 7:00 AM	GROUP SPIN 6:15 AM - 7:00 AM	GROUP SPIN 6:15 AM - 7:00 AM	GROUP SPIN 7:30 AM - 8:15 AM
				GROUP SPIN 12:10 PM - 12:55 PM	
	GROUP SPIN 7:00 PM - 7:45 PM	GROUP SPIN 7:00 PM - 7:45 PM	GROUP SPIN 6:00 PM - 6:45 PM	GROUP SPIN 7:00 PM - 7:45 PM	

ALL FITNESS LEVELS WELCOME!
 OUR FITNESS CLASSES ARE DESIGNED TO GIVE YOU THE BEST POSSIBLE WORK OUT. MODIFICATIONS ARE ALWAYS PROVIDED TO LOWER OR HEIGHTEN THE WORK OUT INTENSITY DEPENDING ON YOUR FITNESS LEVEL.

SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE
 DROP-IN SCHEDULES & ACTIVITIES | GENERAL INQUIRIES? | 604-467-7322