	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	TRX 6:00am	Muscle Fit 6:00am	Yoga 6:00am	Cycle Fit 5:45am	Cycle Fit 5:45am		
	Muscle Fit 9:00am	Step 9:00am	Muscle Fit 9:00am	Step 9:00am	Muscle Fit 9:00am	Muscle Fit 9:00am	Cycle Fit 8:30am *Starting Sept 8*
	Cycle Fit 9:00am		Aerobics 9:00am			Cycle Fit 9:00am	Pickle Ball 9:30am–11:00am
	Cardiac & Pulmonary 9:30am					Special Olympics Fit Club 9:00am-10:00am *Starting Oct. 5*	
	Stretch & Relax 10:00am		Stretch & Relax 10:00am	Yoga 10:00am	Yoga 10:00am	Yoga Fit 10:00am	Strong Nation 10:00am *Starting Sep 15*
	Child Care programming 10:00am-12:00pm	Rejuvenate 10:30am	Child Care programming 10:00am-12:00pm	Rejuvenate 10:30am			
Afternoon	Drop-in Basketball 12:00pm-1:30pm		Drop-in Basketball 12:00pm-1:30pm		Drop-in Basketball 12:00pm-1:30pm	Zumba® 11:00pm *Starting Sept 7*	
	Metabolic Conditioning 12:10pm	Fusion 12:10pm	Muscle Fit Express 12:10pm		Interval Training 12:10pm		
		Bootcamp 12:10pm	Cycle Fit 12:10pm	Interval Cycle and Core 12:10pm			
			TRX 12:10pm				
		Pickle Ball 1:30pm–3:30pm	Cardiac & Pulmonary 12:00pm	Gentle Fit 1:30pm *Starting Sept 5*	Peer Support 1:00pm		
	Senior Fit 1:30pm		Senior Fit 1:30pm	Senior Fit 1:30pm		Drop-in Basketball 2:00pm-3:30pm	
	Mat Pilates 4:30pm *Starting Sep 9*	Muscle Fit 4:30pm *Starting Oct 15*	Bosu Balance and Core 4:30pm	Muscle Fit 4:30pm		Growing Mindfully 2:00pm-5:00pm *Starting Oct 19*	
Evening	Muscle Fit 5:30pm	Strong® 30 Circl Mobility 12 5:30pm *Starting Sept 10*	Muscle Fit 5:30pm	Strong Nation® 5:30pm			Dance Classes 5:00pm-7:00pm *Starting Sep 15*
		Cycle Fit 5:30pm		Cycle Fit 5:30pm			
	Zumba® 6:30pm		Zumba® 6:30pm	Evening Flow Yoga 6:30pm	Bolly X 6:00pm *Starting Sept 13*		
			Dodgeball 6:00pm-9:00pm	Pickleball 6:00pm-8:00pm			

Gymnasium	Fitness Studio
Gym | Pre-Registered Program	Studio | Pre-Registered Program
All Purpose Room	TRX / Circuit / Cycle Areas
APR | Pre-Registered Program	Specialized Areas | Pre-Registered Program

Last updated September 5th, 2024
This schedule is subject to change.
For the most up to date schedule information, please visit our website: nbc.ymca.ca