



# DECEMBER 1-20



**Monday**  
9:45-10:45am  
Muscle Pump  
RP

**Tuesday**  
9:00-9:55am  
Aquafit  
DDH

**Wednesday**  
9:00-9:55am  
Aquafit  
DDH

**Thursday**  
9:00-9:55am  
Aquafit  
DDH

**Friday**  
9:45-10:45am  
Yoga  
RP

**Saturday**  
9:30-10:30am  
Muscle Pump  
RP

6:00-7:00pm  
Muscle Pump  
RP

9:45-10:45am  
HIIT & LIFT  
RP

9:45-10:45am  
Yoga  
RP

9:45-10:45am  
Work It Circuit  
RP

10:30-11:20am  
Spin  
DDH

6:00-6:50pm  
Spin  
DDH

6:00-7:00pm  
Boot Camp  
AFC

6:00-7:00pm  
HIIT & LIFT  
RP

6:00-7:00pm  
Boot Camp  
AFC

On site childminding  
available at the Rec Plex  
during Mon - Thur  
9:45-10:45am classes

7:30-8:30pm  
Yoga Blend  
RP

6:00-7:00pm  
Zumba  
DDH Spin Room

6:00-6:50pm  
Spin  
DDH

6:00-7:00pm  
Zumba  
DDH Spin Room

8:00-8:55pm  
Aquafit  
DDH

8:00-8:55pm  
Aquafit  
DDH

## HOLIDAY SCHEDULE COMING SOON FOR CLASSES 23 DEC - 4 JAN

RP: Recreation Complex

DDH: Dundonald Hall

AFC: Army Fitness Centre