

17 WG COM REC WINTER 2020 FITNESS SCHEDULE

REGULAR CLASSES RUN MON JAN 6 TO SUN MAR 29

**FITNESS PASS \$100 Military Personnel and with Recreation Membership (includes unlimited class access)
\$140 Without Membership (includes unlimited class access)**

DAILY DROP-IN \$9 Military Personnel and with Recreation Membership \$11 Without Membership

TIMES	MON	TUE	WED	THU	FRI	SAT	SUN
0630-0715	Sunrise Yoga free for military & DND B90 MPR Melissa		Sunrise Tabata free for military & DND B90 MPR Kristen P		Sunrise Yoga free for military & DND B90 MPR Melissa		
0930-1030	Fusion Fitness B90 Gym Gabe	Weight Rm Circuit B90 MPR Kristen P	Pilates B90 MPR Alan	HIIT90 B90 Gym Gabe		Muscle Boot Camp B90 Gym Tricia	
0930-1030						Jr. Squash B90 Squash Courts Richard	
1030-1130					Ball & Weights B90 MPR Gabe	Wrestling (0900-1300) B33 Mini Gym Joel	
1045-1145						Spin B90 Spin Room Tricia	
1330-1430							Yoga for Active Living B90 MPR LeAnne
1630-1730	Standard Aero B90 MPR Laura		Standard Aero B90 MPR Laura	Pilates (Chair) B90 MPR Alan	Standard Aero B90 MPR Laura		
1700-1800	Spin B90 Spin Rm Joanna	Fusion Fitness B90 MPR Tasha	Spin B90 Spin Room Joanna	Fusion Fitness B90 Gym Tasha			
1730-1830			Zumba B33 MPR Imelda/Grace	Pilates (Beginner) B90 MPR Alan	HIIT90 B90 Gym Sean		
1815-1915	Muscle Boot Camp B90 MPR Laura	Yoga Vinyasa B90 MPR Tricia	Butts & Guts B90 MPR Laura	Pickleball (1800-2000) B90 Gym Ken			
1830-1930				Pilates (Advanced) B90 MPR Alan			
1830-2030	Wrestling B33 Mini Gym Joel	Brazilian Jiu Jitsu B33 Mini Gym Nolan	Wrestling B33 Mini Gym Joel	Brazilian Jiu Jitsu B33 Mini Gym Nolan			
2000-2130				Drop in Volleyball B90 Gym Rick P.			
1900-2200	Badminton Club B90 Gym	Pickleball (1900-2100) B90 Gym Ken	Badminton Club B90 Gym	Squash (1900-2100) B90 Squash Courts Richard			Badminton Club B90 Gym