

Group Fitness

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Maillardville Community Centre (MCC) Drop-in

March 17 Tai Chi 9:15 – 10:15 a.m.	March 18	March 19 Fit 360 10 – 11 a.m.	March 20 Zumba 9:30 – 10:30 a.m.	March 21 NRG Circuit 9:15 – 10:15 a.m.	March 22 Zumba 9:30 – 10:30 a.m.	March 23 Hatha Yoga 9:30 – 10:30 a.m.
Pilates 10:45 – 11:45 a.m.			Vinyasa Yoga 10:45 – 11:45 a.m.	Cardio Dance Fit 10:30 – 11:30 a.m.	Cardio Core Conditioning 10:45 – 11:45 a.m.	
Zumba 12:15 – 1:15 p.m.		Hatha Yoga 11:15 – 12:15 p.m.		Hatha Yoga 11:45 – 12:45 p.m. Dance4One 3 – 4 p.m.		
	Zumba 6:15 – 7:15 p.m.		Hatha Yoga 7:45 – 8:45 p.m.		Dance4One 7:30 – 8:30 p.m.	
March 24 Tai Chi 9:15 – 10:15 a.m.	March 25	March 26 Fit 360 10 – 11 a.m.	March 27 Zumba 9:30 – 10:30 a.m.	March 28 NRG Circuit 9:15 – 10:15 a.m.	March 29 Facility Closed	March 30 Hatha Yoga 9:30 – 10:30 a.m.
Pilates 10:45 – 11:45 a.m. Zumba 12:15 – 1:15 p.m.		Hatha Yoga 11:15 – 12:15 p.m.	Vinyasa Yoga 10:45 – 11:45 a.m.	Cardio Dance Fit 10:30 – 11:30 a.m. Hatha Yoga 11:45 – 12:45 p.m.		
	Zumba 6:15 – 7:15 p.m.		Hatha Yoga 7:45 – 8:45 p.m.	Dance4One 3 – 4 p.m.		
March 31 Tai Chi 9:15 – 10:15 a.m.	April 1 No Classes					
Pilates 10:45 – 11:45 a.m. Zumba 12:15 – 1:15 p.m.						

Schedule subject to change without notice. Class Space is limited.