

2018/2019

In effect Dec. 16, 2018 – Jan. 5, 2019



Pinetree Community Centre

HOLIDAY FITNESS SCHEDULE

DECEMBER – JANUARY

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|
| <p>16</p> <p>Zumba® 10 – 11 a.m.</p> | <p>17</p> <p>Belly Dance 9:30 – 10:30 a.m.</p> <p>Tabata Training 12:30 – 1:30 p.m.</p> <p>Zumba® 6:30 – 7:30 p.m.</p> | <p>18</p> <p>STRONG by Zumba® 8:30 – 9:30 a.m.</p> <p>Cycle Fit 12:30 – 1:15 p.m.</p> <p>Women Only Circuit Training 4 – 5 p.m.</p> <p>Zumba® 6:15 – 7:15 p.m.</p> <p>Cycle & Sculpt 7 – 8 p.m.</p> | <p>19</p> <p>Cardio Core Conditioning 9:15 – 10:15 a.m.</p> <p>Zumba® 10:30 – 11:30 a.m.</p> <p>Pilates 12:30 – 1:30 p.m.</p> <p>Zumba® 2:30 – 3:30 p.m.</p> <p>STRONG by Zumba® 6:45 – 7:45 p.m.</p> | <p>20</p> <p>Pilates 9:30 – 10:30 a.m.</p> <p>Cycle Fit 12:30 – 1:15 p.m.</p> <p>Women Only Circuit Training 4 – 5 p.m.</p> | <p>21</p> <p>Zumba® 8:05 – 9:05 a.m.</p> <p>Cardio Core Conditioning 9:15 – 10:15 a.m.</p> <p>Yoga: Hatha 10:30 – 11:30 a.m.</p> <p>Zumba® 12:30 – 1:30 p.m.</p> | <p>22</p> <p>Cycle & Sculpt 9:15 – 10:15 a.m.</p> |
| <p>23</p> <p>Zumba® 10 – 11 a.m.</p> | <p>24</p> <p>Cycle & Sculpt 9:15 – 10:15 a.m.</p> | <p>25</p> <p>Merry Christmas!</p> | <p>26</p> | <p>27</p> <p>Pilates 9:30 – 10:30 a.m.</p> <p>Cycle Fit 12:30 – 1:15 p.m.</p> <p>Women Only Circuit Training 4 – 5 p.m.</p> | <p>28</p> <p>Zumba® 8:05 – 9:05 a.m.</p> <p>Cardio Core Conditioning 9:15 – 10:15 a.m.</p> <p>Yoga: Hatha 10:30 – 11:30 a.m.</p> <p>Zumba® 12:30 – 1:30 p.m.</p> | <p>29</p> <p>Cycle & Sculpt 9:15 – 10:15 a.m.</p> |
| <p>30</p> <p>Zumba® 10 – 11 a.m.</p> | <p>31</p> <p>Belly Dance 9:30 – 10:30 a.m.</p> <p>Zumba® 11:15 a.m. – 12:15 p.m.</p> <p>Tabata Training 12:30 – 1:30 p.m.</p> | <p>1</p> | <p>2</p> <p>Cardio Core Conditioning 9:15 – 10:15 a.m.</p> <p>Zumba® 10:30 – 11:30 a.m.</p> <p>Pilates 12:30 – 1:30 p.m.</p> <p>Zumba® 2:30 – 3:30 p.m.</p> <p>STRONG by Zumba® 6:45 – 7:45 p.m.</p> | <p>3</p> <p>Pilates 9:30 – 10:30 a.m.</p> <p>Cycle Fit 12:30 – 1:15 p.m.</p> <p>Women Only Circuit Training 4 – 5 p.m.</p> | <p>4</p> <p>Zumba® 8:05 – 9:05 a.m.</p> <p>Cardio Core Conditioning 9:15 – 10:15 a.m.</p> <p>Yoga: Hatha 10:30 – 11:30 a.m.</p> <p>Zumba® 12:30 – 1:30 p.m.</p> | <p>5</p> <p>Cycle & Sculpt 9:15 – 10:15 a.m.</p> |

more classes →



Use your **ONE PASS** to drop-in to these fitness classes. Schedules available for all facilities at coquitlam.ca/fitness