Fall #2 Fitness Class Schedule
Nov 2nd - Dec 20th, 2026.

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
9 AM		Deep H20		Deep H20		Supersweat	Ripped
9:30 AM	·Morning Mix	*Strong Moms (10 am)*	Morning Mix	*Strong Moms (10 am)*	Morning Mix		
10:30 AM		Hatha Yoga					
11:15 AM	Arthritics	*Strong Moms*	Arthritics	*Strong Moms*	Arthritics		
12:10 PM	Strength & Sculpt Fit-Swim	Shred	Walk it out Fit-Swim	Short Circuit	Pylata		
5:30 PM	Escape Circuit	Zumba	Spin & Tone	Ripped			
6:30 PM		Yin Yoga		Fit-Swim (6 pm)			
7:00 PM			Aquacise				

FITNESS HOURS
Mon-Fri: 6:00am-8:00pm
Sat-Sun: 7:00am-4:00pm

LEGEND

*Aqua Classes: Competition & Leisure areas
*MPR Classes: MPR aerobic studio.
*Fit-Swim: Competition pool.
*Speciality Classes (Require Registration)

Canada Games Aquatic Centre
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