



Fitness Centre Schedule

Effective Sept 6th, 2022

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	8:00-9:00AM			Hatha Yoga Jane			Bootcamp Andrew	
	9:00 – 10:00AM Walking Track Time*							
	9:15-10:15AM	Hatha Yoga Jane	Sweat Step Paula	Body Blast Jane	Spin Express Jane (9:15-10:00am)		Hatha Yoga Joy	Body Blast Jane
	10:30-11:30AM	Body Balance Jane	Super Sculpt Paula	Viva Physique Paula	Body Balance Jane (10:15am-11:15am)			Spin Jane
EVENING	5:30-6:30PM		Body Balance Jane					
	6:45-7:45PM	Spin Express Jane (6:45-7:30pm)	Body Blast Jane	Kickboxing Joy (6:45-7:30pm)	Yoga Joy (6:30-7:30pm)			
					Super Sculpt Andrea (7:45-8:45pm)			

Please call 905-939-1216 or email us at fitness@king.ca for any inquiries

All Classes are located in the Multipurpose Rooms A and B (Spin Included)

*Free hour use for 55+ and Parents & Strollers

HOURS OF OPERATION – FITNESS CENTRE & TRACK

Mon – Thurs 6AM – 9PM

Friday 6AM – 7PM

Saturday & Sunday - 8AM – 4PM