



Fitness Centre Schedule

Effective May 1, 2022

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	8:00-9:00AM			Hatha Yoga Jane			Bootcamp Rebecca	
	9:00 – 10:00AM Walking Track Time*							
	9:15-10:15AM	Hatha Yoga Jane	Yoga Flow Rebecca (9:00-10:00am)	Body Blast Jane	Spin Express Rebecca (9:00-9:45am)		Spin Rebecca	Body Blast Jane
	10:30-11:30AM	Body Balance Jane	Super Sculpt (10:15-11:15am) Paula	Viva Physique Paula	Conditioning Sasha (10:15-11:15am)			Spin Jane
EVENING	5:30-6:30PM		Body Balance Jane	Yoga Flow Rebecca (5:45-6:45pm)	Kickboxing Joy			
	7:00-8:00PM	Spin Express Rebecca (7:00-7:45pm)	Body Blast Jane (6:45-7:45pm)		Sculpt 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 – 1PM / 3PM – 9PM

Friday 6AM – 1PM / 3PM – 7PM

Saturday & Sunday - 8AM – 2PM