



Fitness Centre Schedule

Effective November 1st, 2021

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	8:00-9:00AM			Hatha Yoga Jane			Bootcamp Rebecca	
	9:00 – 10:00AM Seniors 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)	Zumba Sandy	Spin Rebecca	
	10:30-11:30AM	Body Balance Jane		Zumba Sandy	Conditioning Sasha (10:15-11:15am)			
EVENING	5:30-6:30PM		Body Balance Jane					
	7:00-8:00PM	Spin Express Rebecca (7:00-7:45pm)	Body Blast Jane (6:45-7:45pm)					

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)

FITNESS CENTRE AND TRACK - HOURS OF OPERATION

Monday – Thursday 6am -1pm / 3pm - 9:00pm

Friday 6am - 1pm / 3pm - 6:30pm

Saturday & Sunday 8am - 2pm