

January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 9:00 am Total Body Intervals 10:30 am Yoga 5:15 pm Spin 6:15 pm Pilates 6:30 pm H.I.I.T.	3 6:30 am Full Body Strength 9:00 am Be Fit for Life 10:30 am Yoga 11:00 am Sit and Fit 5:30 pm Total Body Intervals	4 9:30 am Full Body Fit
5 10:00 am Strength and Conditioning	6 6:30 am Spin and Strength 8:00 am Total Body Intervals 9:00 am Be Fit for Life 10:15 am Sit and Fit 10:30 am Yoga 11:15 am Zoomer Fitness 5:30 pm Total Body Intervals	7 7:00 am Spin 8:00 am Step 9:15 am Dancefit 10:30 am Yoga 1:30 pm Chair Yoga 6:30 pm Yoga with Weights 6:30 pm Full Body Fit	8 6:30 am Lower Body Strength and Core 9:00 am Be Fit for Life 10:15 am Sit and Fit 10:15 am Pilates 11:15 am Zoomer Fitness 5:30 pm Total Body Intervals 5:30 pm Spin Barre Fusion 6:00 pm Yoga	9 9:00 am Total Body Intervals 10:30 am Yoga 5:15 pm Spin 6:15 pm Pilates 6:30 pm H.I.I.T.	10 6:30 am Full Body Strength 9:00 am Be Fit for Life 10:30 am Yoga 11:00 am Sit and Fit 5:30 pm Total Body Intervals	11 9:30 am Full Body Fit
12 10:00 am Strength and Conditioning	13 6:30 am Spin and Strength 8:00 am Total Body Intervals 9:00 am Be Fit for Life 10:15 am Sit and Fit 10:30 am Yoga 11:15 am Zoomer Fitness 5:30 pm Total Body Intervals	14 7:00 am Spin 8:00 am Step 9:15 am Dancefit 10:30 am Yoga 1:30 pm Chair Yoga 6:30 pm Full Body Fit 6:30 pm Yoga with Weights	15 6:30 am Lower Body Strength and Core 9:00 am Be Fit for Life 10:15 am Sit and Fit 10:15 am Pilates 11:15 am Zoomer Fitness 5:30 pm Total Body Intervals 5:30 pm Spin Barre Fusion 6:00 pm Yoga	16 9:00 am Total Body Intervals 10:30 am Yoga 5:15 pm Spin 6:15 pm Pilates 6:30 pm H.I.I.T.	17 6:30 am Full Body Strength 9:00 am Be Fit for Life 10:30 am Yoga 11:00 am Sit and Fit 5:30 pm Total Body Intervals	18 9:30 am Full Body Fit
19 10:00 am Strength	20 6:30 am Spin and	21 7:00 am Spin	22 6:30 am Lower	23 9:00 am Total Body	24 6:30 am Full Body	25 9:30 am Full

and Conditioning	Strength 8:00 am Total Body Intervals 9:00 am Be Fit for Life 10:15 am Sit and Fit 10:30 am Yoga 11:15 am Zoomer Fitness 5:30 pm Total Body Intervals	8:00 am Step 9:15 am Dancefit 10:30 am Yoga 1:30 pm Chair Yoga 6:30 pm Yoga with Weights 6:30 pm Full Body Fit	Body Strength and Core 9:00 am Be Fit for Life 10:15 am Sit and Fit 10:15 am Pilates 11:15 am Zoomer Fitness 5:30 pm Total Body Intervals 5:30 pm Spin Barre Fusion 6:00 pm Yoga	Intervals 10:30 am Yoga 5:15 pm Spin 6:15 pm Pilates 6:30 pm H.I.I.T.	Strength 9:00 am Be Fit for Life 10:30 am Yoga 11:00 am Sit and Fit 5:30 pm Total Body Intervals	Body Fit
26 10:00 am Strength and Conditioning	27 6:30 am Spin and Strength 8:00 am Total Body Intervals 9:00 am Be Fit for Life 10:15 am Sit and Fit 10:30 am Yoga 11:15 am Zoomer Fitness 5:30 pm Total Body Intervals	28 7:00 am Spin 8:00 am Step 9:15 am Dancefit 10:30 am Yoga 1:30 pm Chair Yoga 6:30 pm Full Body Fit 6:30 pm Yoga with Weights	29 6:30 am Lower Body Strength and Core 9:00 am Be Fit for Life 10:15 am Sit and Fit 10:15 am Pilates 11:15 am Zoomer Fitness 5:30 pm Total Body Intervals 5:30 pm Spin Barre Fusion 6:00 pm Yoga	30 9:00 am Total Body Intervals 10:30 am Yoga 5:15 pm Spin 6:15 pm Pilates 6:30 pm H.I.I.T.	31 6:30 am Full Body Strength 9:00 am Be Fit for Life 10:30 am Yoga 11:00 am Sit and Fit 5:30 pm Total Body Intervals	

<https://calendar.waynegretzkysportscentre.ca>