



# DT Holiday Fitness Schedule

## Friday, December 22<sup>nd</sup>

6:15 - 7:15AM - CycleFit (Erica)  
12:10- 12:50 PM - Abs/Core (Shane)  
12:10 – 12:50 PM - BodyBlast (Lindsay)

## Saturday, December 23<sup>rd</sup>

8:00 – 9:00 AM - CycleFit (Mike)  
9:00 – 10:00 AM – Yoga (Loretta)  
9:30 – 10:45 AM - CycleFit (Don/Margot)  
10:00 – 11:00 AM - Step (Sheralyn)

## Sunday, December 24<sup>th</sup>

Facility hours: 7:00AM-4:00PM

## Tuesday, December 26<sup>th</sup>

Facility hours: 7:00 AM – 7:00 PM  
5:30- 6:30 PM - CycleFit (Boni)

## Wednesday, December 27<sup>th</sup>

6:15 – 7:15AM - CycleFit (Melody)  
12:10 – 12:50 PM - BodyBlast (Lindsay)  
12:10 – 12:50 PM - CycleFit (Stacie)  
5:30- 6:30 PM - CycleFit (Barry)

## Thursday, December 28<sup>th</sup>

12:10 – 12:50 PM - Bootcamp (Shane)  
12:10 – 12:50 PM - CycleFit (Brad)  
5:30- 6:30 PM - CycleFit (Tanis)  
5:30 – 6:30 PM - BodyBlast (Boni)

## Friday, December 29<sup>th</sup>

12:10 – 12:50 PM - CycleFit (Ryan)  
12:10 – 12:50 PM - Abs/Core (Shane/Lindsay)

## Saturday, December 30<sup>th</sup>

8:00 – 9:00 AM - CycleFit (Mike)  
9:30 – 10:45 AM - CycleFit (Don/Margot)  
10:00 – 11:00 AM - Step (Sheralyn)

## Sunday, December 31<sup>st</sup>

Facility Hours: 7:00 AM - 4:00 PM  
9:00 – 10:00 AM - CycleFit (Barry)

## Monday, January 1<sup>st</sup>

Facility Hours: 7:00 AM - 7:00 PM  
10:00-11:30am- CycleFit (Don/Steph)

## Tuesday, January 2<sup>nd</sup>

12:10- 12:50 PM - Abs/Core (Lindsay)  
12:10- 12:50 PM – Cardio HIIT (Melody)  
12:10 – 12:50 PM – Yoga (Linda)

## Wednesday, January 3<sup>rd</sup>

6:15 – 7:15AM - CycleFit (Melody)  
12:10 – 12:50 PM - BodyBlast (Brad)  
12:10 – 12:50 PM - CycleFit (Stacie)  
5:30 – 6:30 PM - CycleFit (Barry)

## Thursday, January 4<sup>th</sup>

12:10 – 12:50 PM - Bootcamp (Shane)  
12:10 – 12:50PM - CycleFit (Brad)  
5:30 – 6:30PM - BodyBlast (Boni)  
5:30pm – 6:30 PM - CycleFit (Tanis)

## Friday, January 5<sup>th</sup>

12:10 – 12:50 PM - Abs/Core (Shane)  
12:10 – 12:50 PM – CycleFit (Nigel)

## Saturday, January 6<sup>th</sup>

8:00 – 9:00 AM - CycleFit (Mike)  
9:00 – 10:00 AM - Yoga (Loretta)  
9:30- 10:45 AM - CycleFit (Don/Margot)  
10:00 – 11:00 AM -Step (Kim N)  
2:00-3:30pm- Functional Intensity (Skip)

## Sunday, January 7<sup>th</sup>

9:00 – 10:00 AM - CycleFit (Barry)  
11:30AM - 12:30 PM BodyBlast (Andre)