

East Fitness Schedule

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------|--------|-------------------------------------|--|--|--|--|--|
| Early Morning | | | | | | | Cyclefit 9-10am Boni |
| Mid Morning | | Yoga 9:30-10:30am Alla | Bodyblast 9:30-10:30am Alla | | | | Abs & Core 10-10:30am Boni |
| Late Morning | | | | | | | |
| Early Evening | | | | | | | Tae Kwon Do 12-1pm |
| Late Evening | | | | Bootcamp 7-8pm Multi Instructor | Cyclefit 5:30-6:30pm Stacie | Family HITT 6:30-7:30pm Jenn/Andrea | Tae Kwon Do 6:30-7:30 Parkour Club 8:30-10pm 16+ |

Fitness classes are Free!

Try one today!

Family classes welcome youth aged 6+ to attend with their parents

Child Minding

Monday-Saturday 9am-12pm

Monday to Friday 5pm-8pm



See our online schedule for the latest updates