



# Drop-In Fitness Schedule

# Chilliwack Leisure Landing Centre Effective September 22, 2022

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

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9:45am-10:45am  
Fusion

9:30am-10:30am  
Athletic Step

9:45am-10:45am  
Yoga

11am-12pm  
Strength and Balance

5:30pm-6:30pm  
Athletic Step

Updated  
September 21 2022