

Group Fitness Schedule

For bookings, live updates, instructors and class descriptions, please check the YMCA BC app.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning – Open to 12:00pm						
Y Gentle 8:00am-9:00am Gym	Y Gentle 8:00-9:00am Fitness Studio	Y Gentle 8:00-9:00am Gym	Y Tone 9:45-10:45am Fitness Studio	Y Gentle 8:00-9:00am Gym	Y Step & Strength 8:15-9:00am Fitness Studio	Y Hatha Yoga 8:15-9:15am Fitness Studio
Y Tone 9:30-10:30am Fitness Studio	Y-Synrgy 9:00-9:45am Synrgy Room	Y-Synrgy 9:30-10:15am Synrgy Room	Y Stretch 11:00-12:00pm Fitness Studio	Group Power 9:30-10:30am Fitness Studio	Y Stretch 9:30-10:30am Fitness Studio	Y-Synrgy 9:30-10:15am Synrgy Room
Y-Synrgy 10:00-10:45am Synrgy Room	Y-Synrgy 10:00-10:45am Synrgy Room	Y Synrgy 10:30-11:15am Synrgy Room		Y-Synrgy 10:00-10:45am Synrgy Room	Y Dance 10:30-12:00 MPR	Y-Sweat 9:30-10:30am Fitness Studio
Y Yoga/Core 10:45-11:45am Fitness Studio	Y Line Dance–Begin/Improve 12:00 - 1:30pm Fitness Studio	Y Cardio Strength 9:30-10:30am Fitness Studio		Y-Synrgy 11:00-11:45am Synrgy Room	Y Hatha Yoga 10:45-11:45am Fitness Studio	Y Synrgy 10:30-11:15am Synrgy Room
	Line Dance–Begin 1:15-2:45pm MPR	Group Power 10:45-11:45am Fitness Studio			Intermediate Boxing 11:00-12:00pm Synrgy Room	Y Pilates 11:45-12:45pm Fitness studio
Afternoon – 12:00pm to 4:00pm						
Y Line Dance – Begin/improve 12:45-2:15pm Fitness Studio		Y Hatha Yoga 12:00-1:00pm Fitness Studio	Y Line Dance Begin/improve 12:45-2:15pm Fitness Studio	Y Pilates 11:00-12:00pm Fitness Studio	Boxing 2:15-3:15pm Fitness Studio	Bollywood 1:00-2:00pm Fitness Studio
		Y Line Dance - Beginner 2:45-4:15pm Fitness Studio	Y Yin Yoga 2:30-3:30pm Fitness Studio	Y Hatha Yoga 12:15-1:00pm Fitness studio	Boxing 3:30-4:30pm Fitness Studio	Y Pilates 3:30-4:30pm Fitness studio
		Y Strength 4:30-5:30pm Fitness Studio	Y Hatha Yoga 3:45-4:45pm Fitness Studio	Y Line Dance Begin/Improve 1:30-3:00pm Fitness Studio		
Evening – 4:00pm to Close						
Y Strength 4:30-5:20pm Fitness Studio	Y Tone 4:45-5:45pm Fitness studio	Intermediate Boxing 5:30-6:30pm MPR	Y Cycle 5:00-6:00pm Fitness Studio	Y Strength 4:30-5:30pm Fitness Studio		
Y Step 5:30-6:20pm Fitness Studio	Y Synrgy 5:30-6:15pm Synrgy Room	Y Synrgy 5:30-6:15pm Synrgy Room	Y Step 6:10-7:10pm Fitness Studio	Y Tone 5:45-6:45pm Fitness studio		
Y Hatha Yoga 6:30-7:20pm Fitness Studio	Y Cycle 6:00-7:00pm Fitness Studio	Y Step 5:45-6:45pm Fitness Studio	Y Line Dance–Begin 7:15-8:40pm Fitness Studio	Zumba 7:00-7:45pm Fitness Studio		
	Zumba 7:15-8:00pm Fitness Studio	Y Line Dance–Improver 7:00-8:30pm MPR				