

Single Session Fitness Class Schedule

TIMMS COMMUNITY CENTRE

September 2 – January 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin & Stretch 6:15am-7:15am	15-15-15 6:15am-7:00am		15-15-15 6:15am-7:00am	H.I.I.T & Core 6:15am – 7:15am		
				Spin & Yoga 7:45am – 8:45am		
Cardio Combo 9:00am-10:00am	Body Pump 8:30-9:30am	Cardio Combo- Stretch 9:00am-10:00am	Body Pump 8:30am-9:30am	Cardio Combo 9:00am-10:00am	Spin & Sculpt 9:00am – 10:00am	Spin & Sculpt 9:00-10:00am
Gentle-fit 10:30am-11:30am	Flow Yoga 9:00am-10:00am	Gentle-fit 10:30am-11:30am	Yogalates 8:45am – 10:00am	Gentle-fit 10:30am-11:30am	Body Toning 10:30am – 11:30am	H.I.I.T & Yoga Fusion 10:30am – 11:30am
Fitness Therapy 11:00am-12:00pm	Gentle Cycle 10:30am-11:00am	Fitness Therapy 11:00am-12:00pm	Gentle Cycle 10:30am-11:00am	Fitness Therapy 11:00am-12:00pm		
Body Toning Express 12:00pm-12:45pm	Gentle-fit 11:30am-12:30pm Sue	TRX Express 12:00pm-12:45pm	Gentle-fit 11:30am-12:30pm	Zumba Gold TM 12:00 – 12:45pm		Mix-Fit 1:30-2:30pm
Circl Mobility TM 1-1:45	Bodysculpt Express 1:00pm-1:45pm	Yoga Express 1:00pm-1:45pm	TBC Express 1:00-1:45pm	Yoga Express 1-1:45pm		
Bodysculpt 4:45pm – 5:45pm	Spin & Sculpt 4:45pm-5:45pm	Bootcamp 4:45pm-5:45pm	Spin & Sculpt 4:45pm-5:45pm	Zumba Fitness TM 4:45pm – 5:45pm		
	Yogalates 5:00pm – 6:15pm	Core Express 5:15-6:00pm				
	ABT 6:00pm – 7:00pm	Bolly-X TM 6:00-7:00pm	Mix-Fit 6:15pm-7:15pm	Stretch & Roll 6:00-7:00pm	Indoor Cycle	Yoga/ Stretch
Spin & TRX 6:00pm – 7:15pm	Spin Express 6:15-7pm	Spin Express 6:15-7:00pm			Dance	Cardio/ Strength
Stretch & Restore 7:30-8:15pm	Deep Stretch Yoga 7:15pm-8:15pm	Restorative Yin Yoga 7:15-8:15pm			Please check website for weekly schedule updates: langleycity.ca	