



Timms Community Centre Single Session Fitness Class Schedule

July 1 – September 1

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	Power Yoga 6:15am – 7:15am		
	Body Pump 8:30-9:30am		Body Pump 8:30am-9:30am	CORE Express 7:30-8:15am		
Cardio Combo 9:00am-10:00am	Flow Yoga 9:00am-10:00am	Cardio Combo 9:00am-10:00am		Cardio Combo 9:00am-10:00am	Spin & Yoga 8:15am – 9:30am	Spin & Sculpt 9:00am – 10:00am
Gentle-Fit 10:30am-11:30am	Gentle Cycle 10:30am-11:00am	Gentle-Fit 10:30am-11:30am	Gentle Cycle 10:30am-11:00am	Gentle-Fit 10:30am-11:30am	Spin & Sculpt 9:45am-10:45am	H.I.I.T & Yoga 10:30am – 11:30am
	Gentle-Fit 11:30am-12:30pm	Fitness Therapy 11:00am-12:00pm	Gentle-Fit 11:30am-12:30pm	Fitness Therapy 11:00am-12:00pm		
Body Toning Express 12:00pm-12:45pm		TRX Express 12:00pm-12:45pm		Zumba Gold 12:00 – 12:45pm	Body Toning 12:30 – 1:30pm	
	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 4:45pm – 5:45pm		
Spin & Yoga 5:15pm – 6:30pm	Yogalates 5:00pm – 6:15pm		Deep Stretch Yoga 5:45pm – 6:45pm			
Metabolic Burn Express 6:15-7:00pm Carlene	ABT 6:00pm – 7:00pm Lynn	Bolly-X 6:00-7:00pm Anett		Stretch & Roll 6:00-7:00pm	Indoor Cycle	Yoga/ Stretch
	Spin Express 6:15-7pm Hanna	Spin & Stretch 6:15pm – 7:15pm Shirley			Dance	Cardio/ Strength
Zumba Fitness 7:30pm-8:30pm Catherine	Deep Stretch Yoga 7:15pm-8:15pm Hannah	Restorative Yin Yoga 7:15-8:15pm Tracy			Please check website for weekly schedule updates: langleycity.ca	