

FALL GROUP FITNESS SCHEDULE, SEP. 1-DEC. 31, 2021

APPOINTMENTS ARE REQUIRED TO ATTEND GROUP FITNESS CLASSES

You can book an appointment up to 72 hours in advance, at WWW.DALPLEX.CA or by calling (902) 494-3372

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-7:45am			DalSpin				
9:30-10:30am	H.I.I.T					Body Strong	
10:00-11:00am							All Levels Yoga
10:30-11:30am		Gentle Yoga					
11:00-11:45am				Aquafit (shallow)			
12:00-12:45pm	Cardio Kickboxing						DalSpin
12:00-1:00pm			All Levels Yoga				
12:30-1:30pm					Strong Nation		
4:00-4:45pm					DalSpin		
5:30-6:30pm	Body Strong	Body Strong		Full Body H.I.I.T			
5:45-6:30pm		DalSpin					
6:00-6:45pm	DalSpin						
6:30-7:15pm			DalSpin				
7:00-8:00pm		Zumba		All Levels Yoga			
7:00-7:45pm		DalSpin					
7:30-8:30pm	All Levels Yoga		Strong Nation				

AS A COURTESY TO OTHERS PLEASE DO NOT WEAR SCENTED PRODUCTS TO FITNESS CLASSES

HOLIDAYS - One class only from 10:00-11:00am on the following days:

- Labour Day, September 6
- Thanksgiving, October 12
- Remembrance Day, November 11

Full-time DAL students and Dalplex/Sexton Gym members can attend the above group fitness classes.

CALL 902-494-2119 FOR INFORMATION ON UNFORSEEN CHANGES OR CANCELLATIONS.