

# FALL GROUP FITNESS SCHEDULE, SEP. 1 - DEC. 10, 2023

**VISIT [WWW.DALPLEX.CA](http://WWW.DALPLEX.CA) TO RESERVE YOUR SPOT IN THE CLASS!**

Bookings are required for DalSpin classes.

You can reserve a spot up to 72 hours in advance at [WWW.DALPLEX.CA](http://WWW.DALPLEX.CA) or by calling (902) 494-3372

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7am		Body Strong	DalSpin	Body Strong	DalSpin		
7-7:45am	All Levels Yoga		All Levels Yoga				
7:30-8:15am				Pilates			
9-10am							Yoga Fusion
9:30-10:30am			Body Strong Tai Chi			Body Strong	
10:15-11am							DalSpin
10:30-11:30am		All Levels Yoga		All Levels Yoga			
11am-12pm						DalSpin	
11:30am-12:30pm							Tai Chi
12-1pm	H.I.I.T.	Zumba Varieties	All Levels Yoga	H.I.I.T. Pilates	Strong Nation	Zumba Varieties	
1:30-2:30pm	Active Aging		Active Aging				
2-3pm				Zumba Varieties			
3:15-4pm	Pilates				Pilates		
4:30-5:30pm					Body Strong		Aqua Zumba
5:15-6pm		DalSpin		DalSpin			
5:30-6:30pm	Body Strong	All Levels Yoga	Zumba Varieties	H.I.I.T.			
6:30-7:30pm		DalSpin & Core		DalSpin (6:30-7:15pm)			
7-8pm	Zumba						
7:30-8:30pm		Strong Nation		Strong45 (7:30-8:15pm)			

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

**HOLIDAY CLASSES - 11am on Sep. 4, Sep. 30 and Oct. 9, and no class on Nov. 11**

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

Instructors, locations and times are subject to change. Check DALPLEX.CA for the most up-to-date information.