

# SPRING GROUP FITNESS SCHEDULE, MAY 1-JUNE 30, 2023

## APPOINTMENTS ARE REQUIRED TO ATTEND GROUP FITNESS CLASSES

You can book an appointment 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			
7-7:45am		All Levels Yoga		All Levels Yoga			
9:30-10:30am						Body Strong	
10:30-11:30am		All Levels Yoga		All Levels Yoga			
10:45-11:45am							All levels Yoga
11am-12pm						DalSpin	
12-1pm	H.I.I.T.		Body Strong (12-12:45pm)	H.I.I.T. Pilates	Strong Nation		
1:30-2:30pm	Active Aging		Active Aging				
4:30-5:30pm					Body Strong		
5:15-6pm		DalSpin		DalSpin			
5:30-6:30pm	Body Strong	Zumba	Zumba	H.I.I.T.			
6:30-7:15pm		DalSpin		DalSpin			
7-8pm		Zumba					
7:30-8pm			Strong Nation				

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

**Holiday class at 11am on Victoria Day, May 22**

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