# Winter Group Fitness Schedule, January 4 - April 4, 2021

**APPOINTMENTS ARE REQUIRED TO ATTEND GROUP FITNESS CLASSES**

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

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<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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<td>7:00-7:45am</td>
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<td>9:30-10:30am</td>
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<td>7:00-8:00pm</td>
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<td>7:30-8:30pm</td>
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**Functional Flexin’**

**Yin/Yang Yoga**

**Body Strong**

**H.I.I.T.**

**All Levels Yoga**

**Total Body Workout**

**Body Strong**

**DSU Yoga**

**DSU Yoga**

**Zumba®**

**All Levels Yoga**

**Strong Nation**

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**On Munro Day, February 5, the noon Body Strong class will not be offered**

**On Good Friday, April 2, Dalplex is closed**

**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.**

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