

WINTER GROUP FITNESS SCHEDULE, JAN. 3 - APRIL 30, 2022

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
7-7:45am	Functional Flexin'	DalSpin		DalSpin			
7:15-8am				Hatha Yoga			
9:30-10:30am						Body Strong	DalSpin
9:30-10:15am			Strong 45				
10-11am				Active Ageing			
10:30-11:30am		Gentle Yoga				Tai Chi	
10:45-11:45am							All levels Yoga
11-11:45am						DalSpin	
11:30am-12:15pm					Strong 45		
12-1pm	Cardio Kickboxing/ Step (alternating weeks)		All levels Yoga				
12-12:45pm							Dal Spin
12:30-1:30					Strong Nation		
1pm-2pm	Zumba		Tai Chi				
1:30-2:3pm	Active Ageing		Active Ageing				
3-3:45pm			DalSpin				
3-4pm							DSU Yoga
4-4:45pm					DalSpin		
5:15-6:15pm			DSU Yoga				
5:30-6:15pm	DalSpin	DalSpin		DalSpin			
5:30-6:30pm	Body Strong	Body Strong		Full Body H.I.I.T.	DSU Yoga		
6:30-7:15pm			DalSpin				
7-7:45pm		DalSpin					
7pm-8pm				All Levels Yoga			
7:30-8:30pm	All levels Yoga		Strong Nation				
7:30-8:30pm	DalSpin						

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

Heritage Day, Monday, February 21: group fitness at 11am and DalSpin at 6pm.

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

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