

Niagara Centre (Welland)		Niagara West (Grimsby)		Port Colborne	
Time	Class Name	Time	Class Name	Time	Class Name
8:00 AM	Yoga	9:00 AM	Cyclefit	8:00 AM	Cyclefit
9:00 AM	CycleFit	10:00 AM	Cyclefit	9:00 AM	Musclefit
10:00 AM	CycleFit	10:00 AM	Circuit Training	10:15 AM	Family Cardio Groove/Drum
11:00 AM	CycleFit	11:00 AM	Cyclefit	11:15 AM	Family Yoga
12:15 PM	TotalFit	11:45 AM	Arriba	12:15 PM	Aquafit
1:15 PM	AquaFit	12:00 PM	Yoga	12:15 PM	Cyclefit
8 AM - 11 AM	Pickleball	12:15 PM	AquaFit		
8 AM - Noon	Family Pool Party	8 AM - Noon	Family Pool Party	8 AM - 12 PM	Family Pool Party