



Updated October 30, 2024

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:45am-11:30am Y Latin Dance - West Gym Ana	7:00am-8:00am Y Vinyasa Yoga - ALS2 Sadaf	10:45am-11:45am Y Gentle - Gym Venus	8:15am-9:15am Y Step - West Gym Mark	7:30am-8:30am Y Power Yoga - ALS2 Leila	
11:00am-12:00pm Y Hatha Yoga - ALS2 Odlie	7:15am-8:00am Y Core - West Gym Veronica	8:00am-8:45am Y Strength - West Gym Mary	12:00pm-12:45pm Aquafit - Pool Venus Chan	8:30am-9:30am Y Hatha Yoga - ALS2 Nima	
12:15pm-1pm Strenght West Gym Andrew	9:00am-10:00am Y Gentle Tone - West Gym Faye	9:00am-10:00 am Y Strength - West Gym Venus	12:00pm-1:00pm Y Stretch Adv. - ALS2 Bob	9:30am-10:30am Y Cycle - Hume Teresa	9:15am-10:00am Aquafit - Pool Homa
4:15pm-5:15pm Group Power - West Gym Brenden	9:45-10:30 Aquafit Shadi	9:15am-10:00am Aquafit - Pool Homa	12:15pm-1:15pm Y Cycle - Hume Shadi	9:30am-10:30am Y Strength - West Gym Mary	9:30am-10:15am Y Cycle - Hume Luli
4:00pm-4:45pm Y Kids Yoga - ALS2 Sadaf	11:00am-12:00pm Y Hatha Yoga - ALS2 Adele	11:00am-12:15pm Y Hatha Yoga - ALS2 Adriaan	4-4:45 pm Kid's Zumba ALS2 Age 6--12	10 am 11am Vinyasasa YogaALS2 Shadi	9:45 10:45 am Group Power, West Gym, Reza and Devon
4:30pm 5:15PM Cardio Dance - East Gym Mary	1:15pm-3:15pm Volleyball	4:30pm-5:30pm Y Step - West Gym Michael	10:45 11:30 am Persian Dance West Gym Negar	10:30am-11:30am Zumba Toning - East Gym Gaby	9:45am-10:45am Group Power - West Gym Reza & Devon
5:00pm-6:00pm Y Power Yoga - ALS2 Kassie	12:00pm-12:45pm Y Sweat - West Gym Sahar	4pm-5pm Kid's Basketball	5:00pm-6:00pm Y Htha Yoga - ALS2 Orna	11:30am-12:45pm Y Flow Yoga - ALS2 Lucy	
5:30pm-6:30pm Y Step & Strength - Gym Mark	5:15pm-6:15pm Cardio Dance - East Gym Ashley	5:15pm-6:00pm Y Pilates - ALS2 Sean	5:30pm-6:30pm Zumba - East Gym Erika	11:45am-2:00pm Badminton	
6:00pm-6:45pm Y Cycle - Hume Donald	5:30pm-6:30pm Y Strength - West Gym Noor	5:30-6:30 Step-West Gym Mark	5:45pm-6:45pm Strength - West Gym Devon		11:45am-2:00pm Badminton
6:15pm-7:15pm Y Power Yoga - ALS2 Hannah	6:00pm-6:50pm Y Cycle - Hume Leonie	5:45pm-6:30pm Cardio Dance - East Gym Andrew	6:15pm-7:15pm Y Hatha Yoga - ALS2 Hella		4:45pm-6:45pm Volleyball
6:45pm-8:15pm Futsal- Full Gym	6:30pm-7:30pm Y Vinyasa Yoga - ALS2 Paul	6:00pm-6:45pm Y Cycle - Hume Hector	7:00pm-8:15pm 1st Session Volleyball		
	6:45-7:45pm Step-West Gym- Gustavo	6:15pm-7:15pm Y Dance fit - ALS2 Nicola	8:30pm-9:45pm 2nd Session Volleyball		
		6:45pm-7:45pm Group Power - Full Gym Angie			
		8:00pm-9:45pm Futsal- West Gym			

Online schedule

*** Registered program

ALS2	Hume	Full Gym	West Gym	East Gym	Pool
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