

GROUP FITNESS SCHEDULE | PEMBINA



MONDAY	FLOOR 1	6:00 am	9:20 am	10:30 am	12:00 pm	4:35 pm	5:40 pm	6:45 pm	
	FLOOR 2								
	GROUP RIDE		9:20 am				5:40 pm		
	HOT YOGA		9:00 am					6:50 pm	
TUESDAY	FLOOR 1		9:20 am	10:30 am	12:00 pm		5:40 pm	6:45 pm	
	FLOOR 2								
	GROUP RIDE	6:00 am				4:35 pm			
	HOT YOGA		9:20 am	10:30 am				6:50 pm	
WEDNESDAY	FLOOR 1	6:00 am	9:20 am	10:30 am	12:00 pm	4:35 pm		6:45 pm	
	FLOOR 2								
	GROUP RIDE						5:40 pm		
	HOT YOGA			10:30 am			5:40 pm		
THURSDAY	FLOOR 1	5:30 am	9:20 am	10:30 am		4:35 pm	5:40 pm	6:45 pm	
	FLOOR 2								
	GROUP RIDE	6:00 am	9:20 am				5:40 pm		
	HOT YOGA		9:20 am	10:30 am			5:40 pm (Yoga Room)	6:55 pm	
FRIDAY	FLOOR 1	6:00 am	9:20 am	10:30 am		4:35 pm	5:40 pm	6:45 am	
	FLOOR 2								
	GROUP RIDE		9:20 am						
	HOT YOGA			10:30 am			5:40 pm		
SATURDAY	FLOOR 1	8:20 am		10:30 am	11:35 am				
	FLOOR 2		9:25 am						
	GROUP RIDE	8:20 am	9:25 am						
	HOT YOGA			10:30 am					
SUNDAY	FLOOR 1	8:20 am	9:25 am	10:30 am					
	FLOOR 2				11:40 am				
	GROUP RIDE		9:25 am						
	HOT YOGA		9:00 am	10:30 am (Yoga Room)		3:00 pm			

*Any Group Fitness Class with low attendance may be cancelled.