Maillardville Community Centre

Winter 2025

Drop-in Schedule

Group Fitness

In Effect Jan. 5 to Mar. 29

Tai Chi Pilates Fit 360 *Zumba® NRG Circuit *Zumba® Hatha Yo	Group Fittiess							
9:15 - 10:15 a.m. Pilates 10:45 - 11:45 a.m. *Zumba° 12:15 - 1:15 p.m. *Zumba° 10:15 - 7:15 p.m. Pilates 10:45 - 11:45 a.m. *Zumba° 10:45 - 1:45 p.m. *Zumba° 12:15 - 1:15 p.m. *Zumba° 12:15 - 1:15 p.m. Pilates 10:45 - 11:45 a.m. Hatha Yoga 10:45 - 11:45 a.m. Dance4One 12 - 1 p.m. Yin Deep Stretch Yoga 7:45 - 8:45 p.m. Pilates 10:15 - 10:15 a.m. 9:30 - 10:30 a.m. Cardio Core Conditioning 10:45 - 11:45 a.m. Cardio Core Conditioning 10:45 - 11:45 a.m. Pilates 10:45 - 11:45 a.m. Pilates 10:45 - 11:45 a.m. Hatha Yoga 10:30 - 10:30 a.m. Hatha Yoga 10:30 - 10:30 a.m. Pilates 10 - 11 a.m. (Room 2) 10:45 - 11:45 a.m. Dance4One 12 - 1 p.m. Hatha Yoga 11:45 a.m. Pilates 10:45 - 11:4	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Scan for the most up-to-date schedule Updated 01/07/2025	9:15 - 10:15 a.m. Pilates 10:45 - 11:45 a.m. *Zumba ®	9:30 - 10:30 a.m. Cardio Core Conditioning 10:45 - 11:45 a.m. *Zumba®	10:15 - 11:15 a.m. Hatha Yoga 11:30 a.m	9:30 - 10:30 a.m. Hatha Yoga 10:45 - 11:45 a.m. Dance4One 12 - 1 p.m. Yin Deep Stretch Yoga	9:15 - 10:15 a.m. Essentrics 10 - 11 a.m. (Room 2) Cardio Dance Fit 10:30 - 11:30 a.m. Hatha Yoga 11:45 a.m	9:30 - 10:30 a.m. Cardio Core Conditioning 10:45 - 11:45 a.m. Dance4One 12:30 - 1:30 p.m.	t Prince	

Schedule subject to change without notice. *Pre-registration is required for this program.

