



GROUP FITNESS CUFIT PASS

WINTER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		7:30am-8:15am Power Core MULTIPURPOSE ROOM				
10:00am-11:00am CU Boot Camp MULTIPURPOSE ROOM		10:30am-11:30am Tai Chi COMBATIVES ROOM			9:30am-10:30am CU Boot Camp COMBATIVES ROOM	11:00am-12:00pm CU Strong MULTIPURPOSE ROOM
12:05pm-12:55pm CU Strong COMBATIVES ROOM	12:05pm-12:55pm Zumba COMBATIVES ROOM	12:05pm-12:55pm CU Strong COMBATIVES ROOM	12:05pm-12:55pm Kickboxing FUNdamentals COMBATIVES ROOM	12:05pm-12:55pm Zumba COMBATIVES ROOM		12:30pm-1:30pm Zumba COMBATIVES ROOM
12:05pm-12:55pm KettleBell Circuit MULTIPURPOSE ROOM	12:05pm-12:55pm TRX Boot Camp MULTIPURPOSE ROOM	12:05pm-12:55pm KettleBell Circuit MULTIPURPOSE ROOM	12:05pm-12:55pm Zumba Strong MULTIPURPOSE ROOM	12:05pm-12:55pm CU Boot Camp MULTIPURPOSE ROOM		
2:45pm-3:45pm Kickboxing FUNdamentals COMBATIVES ROOM				4:30pm-5:15pm 15/15/15 COMBATIVES ROOM		
5:45pm-6:30pm CU Boot Camp MULTIPURPOSE ROOM	5:15pm-6:15pm CU Strong MULTIPURPOSE ROOM	5:00pm-5:45pm CU Boot Camp MULTIPURPOSE ROOM	5:15pm-6:15pm CU Strong MULTIPURPOSE ROOM	5:15pm-6:00pm CU Boot Camp MULTIPURPOSE ROOM		
5:00pm-6:00pm Zumba COMBATIVES ROOM	6:30pm-7:30pm Kickboxing FUNdamentals COMBATIVES ROOM	7:30pm-8:15pm Aerobic Kickboxing COMBATIVES ROOM	6:30pm-7:30pm CU Boot Camp MULTIPURPOSE ROOM	6:00pm-7:00pm Kickboxing FUNdamentals COMBATIVES ROOM		
	7:30pm-8:30pm Ballistic Boxing ACTIVITY ROOM	8:15pm-9:00pm CU Strong COMBATIVES ROOM				

COMBATIVES ROOM

MULTIPURPOSE ROOM

ACTIVITY ROOM



RAVENS

YOGA & PILATES CUFIT PASS

WINTER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	7:00am-8:00am Hatha Yoga	12:05pm-12:55pm ELDOA– Realign your spine!	7:00am-8:00am Yin Yoga	
12:05pm-12:55pm Yin Yoga	12:05pm-12:55pm Pilates For All	12:05pm-12:55pm Vinyasa Yoga	12:05pm-12:55pm Pilates For All	12:05pm-12:55pm Hatha Yoga
5:00pm-6:00pm Yoga Pilates Tune-Up	5:30pm-6:30pm Power Yoga	4:45pm-5:45pm Ballet Barre Pilates Combo	6:00pm-7:00pm Hatha Yoga	
6:30pm-7:30pm Vinyasa Yoga		7:00pm-8:00pm Yin Yoga		

YOGA ROOM

COMBATIVES ROOM

ACTIVITY ROOM



RAVENS

GROUP CYCLING CUFIT PASS

WINTER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00am-7:45am Spin Core					
		10:05am-10:55am Spin Core			
12:05pm-12:55pm Urban Beats	12:05pm-12:55pm Booty Spin				11:00am-12:30pm Spin Bootcamp Yoga
	5:05pm-5:55pm Booty Spin		5:30pm-6:30pm Spin Core		
6:30pm-8:00pm Spin Boot Camp Yoga		6:15pm-7:15pm The Party	7:00pm-8:00pm Urban Beats Cycle		

GROUP CYCLING ROOM



INSTRUCTIONAL FITNESS CLASSES

WINTER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30am-11:00am 50's Plus Stretch and Strength Level 1 COMBATIVES ROOM	9:30am-11:00am 50's Plus Stretch and Strength Level 2 MULTIPURPOSE ROOM			9:30am-11:00am 50's Plus Stretch and Strength Level 1 MULTIPURPOSE ROOM	9:00am-10:30am Enduro Spin GROUP CYCLING ROOM
9:45am-10:45am Aquatic Fitness (Deep End) - Swimnastics POOL	9:30am-10:30am Aquatic Fitness (Shallow) POOL	9:45am-10:45am Aquatic Fitness (Deep End) - Swimnastics POOL		9:45am-10:45am Aquatic Fitness (Deep End) - Swimnastics POOL	9:00am-10:15am Stretch and Strength Level 1 MULTIPURPOSE ROOM
12:05pm-12:55pm Learn to Skate for Adults ICE HOUSE	12:05pm-12:55pm Discovery Yoga DISCOVERY CENTRE		12:05pm-12:55pm Discovery Yoga DISCOVERY CENTRE		10:30am-11:30am Dynamic Kickboxing (Women's Only) COMBATIVES ROOM
1:00pm-1:50pm Advanced Skating ICE HOUSE	2:30pm-4:00pm Ballet COMBATIVES ROOM				11:30am-1:00pm Intermediate Kickboxing (Women's Only) COMBATIVES ROOM
5:00pm-6:00pm Argentine Tango Trio ACTIVITY ROOM	5:00pm-6:00pm Belly Dance Bombshell (Women's Only) COMBATIVES ROOM		5:00pm-6:00pm Burlesque (Women's Only) COMBATIVES ROOM		1:00pm-2:30pm Fight Like Mulan (Women's Only) COMBATIVES ROOM
6:00pm-7:30pm Kickboxing and Muay Thai COMBATIVES ROOM	6:15pm-7:15pm Dynamic Self Defense ACTIVITY ROOM	6:00pm-7:30pm Kickboxing and Muay Thai COMBATIVES ROOM	6:30pm-8:30pm Mixed Martial Arts (MMA) ACTIVITY ROOM	6:00pm-7:00pm Hip Hop MULTIPURPOSE ROOM	2:00pm-4:00pm Intro to Strength Training (Women's Only) HIGH PERFORMANCE CENTRE
7:30pm-9:00pm Introduction to Kung Fu Weaponry MULTIPURPOSE ROOM	7:30pm-8:30pm Stretch and Strength for Mature Level 1 MULTIPURPOSE ROOM	7:30pm-9:00pm Dynamic Kung Fu / Karate MULTIPURPOSE ROOM	7:30pm-8:30pm Stretch and Strength for Mature Level 2 MULTIPURPOSE ROOM		
7:30pm-9:00pm Salsa and Bachata Fundamentals COMBATIVES ROOM					

COMBATIVES ROOM

MULTIPURPOSE ROOM

ACTIVITY ROOM

POOL

ICE HOUSE

DISCOVERY CENTRE

HIGH PERFORMANCE CENTRE



SENIOR MEMBERSHIP CLASSES

WINTER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00am-7:30am Lane Swim POOL	7:00am-8:00am Hatha Yoga YOGA ROOM	6:00am-7:30am Lane Swim POOL	7:00am-8:00am Yin Yoga YOGA ROOM	6:00am-7:30am Lane Swim POOL
7:00am-12:00pm Track and Fitness Centre Access FITNESS CENTRE / FIELDHOUSE	7:00am-12:00pm Track and Fitness Centre Access FITNESS CENTRE / FIELDHOUSE	7:00am-12:00pm Track and Fitness Centre Access FITNESS CENTRE / FIELDHOUSE	7:00am-12:00pm Track and Fitness Centre Access FITNESS CENTRE / FIELDHOUSE	7:00am-12:00pm Track and Fitness Centre Access FITNESS CENTRE / FIELDHOUSE
	7:30am-8:30am Lane Swim POOL		7:30am-8:30am Lane Swim POOL	
9:30am-11:00am Stretch and Strength Level 1 COMBATIVES ROOM	9:30am-11:00am Stretch and Strength Level 2 MULTIPURPOSE ROOM			9:30am-11:00am Stretch and Strength Level 1 MULTIPURPOSE ROOM
9:45am-10:45am Deep Aquafit (Swimnastics) POOL	9:30am-10:30am Shallow Aquafit POOL	9:45am-10:45am Deep Aquafit (Swimnastics) POOL		9:45am-10:45am Deep Aquafit (Swimnastics) POOL
10:00am-12:00pm Pickleball NORM FENN		10:00am-12:00pm Pickleball NORM FENN	10:00am-12:00pm Pickleball NORM FENN	
		10:30am-11:30am Tai Chi COMBATIVES ROOM		
11:45am-1:15pm Rec Swim POOL	11:45am-1:15pm Rec Swim POOL	11:45am-1:15pm Rec Swim POOL	11:45am-1:15pm Rec Swim POOL	11:45am-1:15pm Rec Swim POOL

COMBATIVES ROOM

MULTIPURPOSE ROOM

POOL

YOGA ROOM

NORM FENN

FITNESS CENTRE / FIELDHOUSE