



CITY OF
FORT SASKATCHEWAN

DCC Drop-in Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:45 am Silver Strong SOCCER FIELD Capacity: 77	9:00 am Fit Mix WELLNESS STUDIO Capacity: 15	8:45 am Silver Strong SOCCER FIELD Capacity: 77	9:00 am Cardio Sculpt GYM Capacity: 36	8:45 am Spin & Core WELLNESS STUDIO Capacity: 15	8:30 am Hiit It Hard GYM Capacity: 36
10:30 am Put a Spin On It WELLNESS STUDIO Capacity: 15	9:15 am Morning Madness GYM Capacity: 36	10:00 am Sit Fit For Health SCOTIA BANK Capacity: 10	10:30 am Chisel'd GYM Capacity: 36	9:15 am Stretch It Out SOCCER FIELD Capacity: 77	9:15 am Get Going SOCCER A Capacity: 35	
	12:05 pm Metabolic Blast GYM B Capacity: 18	12:05 pm Spin & More WELLNESS STUDIO Capacity: 15	12:05 pm Spin & More WELLNESS STUDIO Capacity: 15	10:45 am Sit Fit for Health SCOTIA BANK Capacity: 10	9:00 am Silver Strong GYM Capacity: 36	
	6:00pm Spin & Core Plus WELLNESS STUDIO Capacity: 15		12:00 pm Yoga FLEXHALL Capacity: 27	12:05 pm Muscle Up GYM B Capacity: 18	10:45 am Strollercise SOCCER A Capacity: 35	
			5:15 pm Mix It Up WELLNESS STUDIO Capacity: 15	5:15 pm Active & Strong GYM B Capacity: 18	12:00 pm Yoga FLEXHALL Capacity: 27	
					12:05 pm Spin WELLNESS STUDIO Capacity: 15	