

**Peguis Trail Health & Fitness Centre, Fitness Class Schedule** (\*) are Drop-In classes

**1400 Rothesay Street**

Schedule effective... Fall 2020 – October 1, 2020 to various end dates

**Located in the basement of Chief Peguis School**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>*30 / 20 / 10</b> 68784 9:15 am – 10:15 am Oct. 4 – Dec. 6 Diva</p>	<p><b>*Beginner Yoga 1 hour</b> 68787 10:00 am – 11:00 am Oct. 5 - Dec. 14 Gail</p>	<p><b>*Circuit Express</b> 68794 7:15 am – 8:15 am Oct. 6 – Dec. 8 Diva</p>	<p><b>*Interval Cardio &amp; Weight Training</b> 68801 6:00 pm – 7:00 pm Oct. 7 – Dec. 16 Diva</p>	<p><b>*Total Body Conditioning</b> 68808 6:00 pm – 7:00 pm Oct. 1 – Dec. 3 Laura</p>		<p><b>*Kickboxing</b> 68813 10:00 am – 11:00 am Oct. 3 – Dec. 5 Olivia</p>
<p><b>Cycle Metal Bikers</b> 68785 10:40 am – 11:40 am Oct. 4 – Dec. 6 Diva</p>	<p><b>*Kickboxing 2.0</b> 68788 6:00 pm – 7:00 pm Oct. 5 – Dec. 14 Olivia</p>	<p><b>*CRT (Cardio Resistance Training)</b> 68798 6:00 pm – 7:00 pm Oct. 6 – Dec. 8 Laura</p>	<p><b>*Kickboxing 2.0</b> 68802 6:00 pm – 7:00 pm Oct. 7 – Dec. 16 Olivia</p>	<p><b>*Blastin Boot Camp</b> 68812 7:15 pm – 8:15 pm Oct. 1 – Dec. 3 Laura</p>		<p><b>Plus Size Fitness</b> 68814 10:45 am – 11:45 am Oct. 3 – Dec. 5 Laura</p>
<p><b>*Beginner Yoga 1 hour</b> 69401 1:00 pm - 2:00 pm Oct. 4 - Dec. 6 Lisa</p>	<p><b>*Pure Cardio</b> 68790 6:00 pm – 7:00 pm Oct. 5 – Dec. 14 Diva</p>	<p><b>*HIIT Class</b> 68799 7:15 pm – 8:15 pm Oct. 6 – Dec. 8 Laura</p>				<p><b>*Kickboxing 2.0</b> 68815 11:15 am – 12:15 pm Oct. 3 – Dec. 5 Olivia</p>
	<p><b>*Abs / Butts / Thighs</b> 68791 7:15 pm – 8:15 pm Oct. 5 – Dec. 14 Diva</p>					

Facility closed on the following days:

**October 12 & November 11**

Use your Active Living Pass for these classes or Use your Facility Pass and pay the Facility Pass Plus admission or pay the drop in fee.

Classes may be cancelled due to lack of instructor, space, or insufficient attendance - Call 311 or visit <http://winnipeg.ca/cms/recreation/> for schedule updates

Visit <http://winnipeg.ca/cms/recreation/leisure/registration.stm> for Registration Information

Check in-person registration times at the facility of your choice.