

# GROUP FITNESS SCHEDULE

SEPTEMBER 1<sup>ST</sup> '25 - DECEMBER 14<sup>TH</sup> '25

MONDAY	<b>Morning Spin</b> 6:30am-7:30am	<b>Intermediate Yoga</b> 6:30am-7:30am	<b>Learn to Kettle Bell</b> 6pm-7pm	<b>Tone Zone</b> (Full Body Strength) 6:00pm - 7:00pm	<b>Evening Spin</b> 7:15pm - 8:15pm	<b>Beginner Yoga</b> 8:15pm-9:15pm
TUESDAY	<b>Women's only</b> <b>Yoga</b> 6:30am-7:30am (Bi-Weekly)				<b>Pump Up</b> 6:45pm - 7:45pm	<b>Hatha Yoga</b> 7:15-8:15
WEDNESDAY	<b>Morning Spin</b> 6:30am-7:30am	<b>Lunch Time KB HIT</b> 12pm-12:45PM			<b>Evening Spin</b> (Themed Ride) 7:15pm - 8:15pm	<b>Gentle Yoga</b> 8:15pm-9:15pm
THURSDAY	<b>Dynamic Yoga</b> 6:30am-7:30am (Bi-Weekly)			<b>Power Row</b> (Full Body Cardio) 6pm-7pm	<b>Evening Spin</b> 7:15pm - 8:15pm	<b>Power Cardio</b> (Full Body Strength) 7:30pm-8:30pm
FRIDAY	<b>Morning Spin</b> 6:30am-7:30am	<b>Advanced Yoga</b> 6:30am-7:30am				
SATURDAY		<b>Saturday Spin</b> 9am-10am				
SUNDAY					<b>Yin Yoga</b> 6:30-7:30	

Strength & Conditioning

Spin

Mobility/Wellness



**FITNESS CENTRE**  
ST. FRANCIS XAVIER UNIVERSITY

SCAN THE QR CODE TO SIGN UP ONLINE >>>

FOR MORE INFO EMAIL [FITNESS@STFX.CA](mailto:FITNESS@STFX.CA)

