

NOON FITNESS

1200 - 1245 hrs

1 FEBRUARY - 30 APRIL 2025



NO CLASS ON 17 FEBRUARY,
18 & 21 APRIL

Monday

- **Circuit Training**
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Tuesday

- **Indoor Cycling**
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Wednesday

- **Yoga**
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Thursday

- **Circuit Training**
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Friday

- **Yoga**

Retired military, military spouses and DND/NPF staff must register at the front desk prior to participating in any class. Registration is FREE and valid for 6 months.

Serving CAF members show their ID card at the front desk to obtain a pass card.