

# NOON FITNESS

12:00 - 12:45

2 July- 27 September



**NO CLASS ON 5 Aug & 2 Sept**

**Monday**

- Circuit Training
- 

**Tuesday**

- Indoor Cycling
- 

**Wednesday**

- Yoga
- 

**Thursday**

- Circuit Training
- 

**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.