

NOON FITNESS

12:00 - 12:45

1 OCTOBER - 30
NOVEMBER



**NO CLASS ON 4, 14, 25
OCTOBER & 7, 11 NOVEMBER**

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.