

NOON FITNESS

12:00 - 12:45

1 DECEMBER - 31 JANUARY



NO CLASS ON 24, 25, 26, 27, 31
December and 1 January

Monday

- **Circuit Training**
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Tuesday

- **Indoor Cycling**
-

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.