

Fall 2021 Fitness Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-10:00am						
KNA162 (Multi Purpose Studio)						
KNA170 (Fitness Studio)						
KNB070		Keep Moving 9:05-9:50(Dan)		Keep Moving 9:05-9:55 (Dan)		
KNA117 (Auxiliary Gym)						
Cycle Centre						
11:00am-12:00pm						
KNA162 (Multi Purpose Studio)						
KNA170 (Fitness Studio)						
KNB070						
KNA117 (Auxiliary Gym)						
Cycle Centre						
12:00-1:00pm						
KNA162 (Multi Purpose Studio)		Yoga Flow 12:05-12:55 (Rose)				
KNA170 (Fitness Studio)		Chiseled 12:05-12:55 (GC)	Hard Core Express 12:05-12:55 (Stephanie)			
KNB070						
KNA117 (Auxiliary Gym)						
Cycle Centre						
Virtual		VIRTUAL Keep Moving 12-12:50 (Stella)				
4:00-5:00pm						
KNA162 (Multi Purpose Studio)						
KNA170 (Fitness Studio)						
KNB070						
KNA117 (Auxiliary Gym)						
Cycle Centre						
Virtual		VIRTUAL 50-Minute Fitness 4-4:50pm (Stella)				
7:00-8:00pm						
KNA162 (Multi Purpose Studio)						
KNA170 (Fitness Studio)						
KNB070		Kickboxing 7:05-8:25 (Phil)				
KNA117 (Auxiliary Gym)						
Cycle Centre						

Virtual
In-person