FITNESS SCHEDULE

Effective November 1 - 30 2026

Panorama RECREATION
Live well. Have fun

For our most current schedule visit panoramarecreation.ca or scan the QR Code.

Schedule subject to change without notice. 12 yrs+

@ Panorama Recreation Centre

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	CIRCUIT BOOTCAMP 6-6:45AM	**SPIN** 6:15-7AM	**BOOTCAMP** 6-6:45AM	**SPIN** 6:15-7AM	**BOOTCAMP** 6-6:45AM	**OUTDOOR UNDERCOVER FITNESS** 8:15-9AM (CENTENNIAL PARK SPORTBOX)
JAZZERCISE** 8:15-9:15AM	**TBC** 9-10AM	**SPIN** 8-8:45AM		**SPIN** 8-8:45AM	**TRX** 9-10AM	**SPIN** 8:15-9AM
SPORTS STEP 9:30-10:30AM	**TRX** 9 -10AM	**TBC** 9-10AM	**SPIN** 9-9:45AM	**TBC** 9-10AM	**CARDIO PLUS** 9:15-10:15AM	**SPIN** 9:15-10AM
SUNDAY STRETCH 11-12PM	**SPIN AND STRENGTH** 12- 1PM	**TRX** 10:30-11:30AM	**SPIN AND STRENGTH** 12-1PM	**TRX** 10:30-11:30AM	**SPIN AND STRENGTH** 12-1PM	**JAZZERCISE **** 10:15-11:15AM
			TBC 1:15-2:15PM		**TBC** 1:15-2:15PM	
	SPIN 5-5:45PM	**TRX EXPRESS** 5:15-6PM	**SPIN** 5:00-5:45PM	**HIIT** 5:30-6:15PM	**HIIT** 5:30-6:15PM	
	HIIT 6-6:45PM	**HIIT** 5:30-6:15PM	**SPIN AND STRENGTH EXPRESS** 6-6:45PM			
	JAZZERCISE ** 7-8PM		**JAZZERCISE **** 7-8PM			

@ GREENGLADE COMMUNITY CENTRE

	FITNESS YOGA* 8-9AM	**MOVIN' ON UP** 9:15AM-10:15AM	**FITNESS YOGA*** 8-9AM	**LETS GET MOVIN'** 9:15AM-10:15AM	**FITNESS YOGA*** 8-9AM	**TBC** 9:15-10:15AM
				HATHA YOGA* 10:30-11:30AM	**TBC** 9:15-10:15AM	**FITNESS YOGA*** 10:30-11:30AM
		CIRCUIT 12-1PM		**CIRCUIT** 12-1PM		
		HATHA YOGA* 5:15-6:15PM	**CIRCUIT** 6:30-7:30PM	**HATHA YOGA*** 5:15-6:15PM		

*Hatha & Fitness Yoga-$16.00 drop-in or swipe of an Active Pass, **Jazzercise-$15 drop-in

Despite our best efforts, errors to published information may occur and schedules may change with short notice. In the event of an error or schedule change, the information provided by our receptionists will be deemed accurate. We apologize for any inconvenience.