

FITNESS SCHEDULE

Effective October 1 - 31, 2025



Holiday Hours: 7am-5pm (Oct 13)

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

12 yrs+. Schedule subject to change without notice.



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

@ Panorama Recreation Centre

Bootcamp 6-6:45am	Spin 6:15-7am	Bootcamp 6-6:45am	Spin 6:15-7am	Circuit Bootcamp 6-6:45am		
TBC 9-10am	Spin 8-8:45am	Spin 8-8:45am	Spin 8-8:45am	TRX 9-10am	Spin 8:15-9am	Jazzercise** 8:15-9:15am
TRX 9-10am	TBC 9-10am		TBC 9-10am	Cardio Plus 9:15 - 10:15am	Spin 9:15-10am	Sports Step 9:30-10:30am
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	Core Express 11:45-12:30pm	TBC 1:15-2:15pm		
Spin 5-5:45pm	HIIT 5:30-6:15pm	Spin 5:30-6:15pm	HIIT 5:30-6:15pm	Punch & Power 5:15-6:15pm		
HIIT 6-6:45pm		TRX 6:30-7:30pm				
Jazzercise ** 7-8pm		Jazzercise ** 7-8pm				

@ Greenglade Community Centre

Fitness Yoga* 8-9am	Moving On Up 9am-10am	Fitness Yoga* 8-9am	Moving On Up 9-10am	Fitness Yoga* 8-9am	TBC 9:15-10:15am	
	Circuit 12-1pm		Circuit 12-1pm	TBC 9:15-10:15am	Fitness Yoga* 10:30-11:30am	
	Hatha Yoga* 5:15-6:15pm	Circuit 7-8pm	Hatha Yoga* 5:15-6:15pm			

*Hatha Yoga - \$13.50 drop-in or swipe of an Active Pass, **Jazzercise - \$15 drop-in

Oops! 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.



panoramarecreation.ca



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2025-09-19