535 Hornby Street, Vancouver | memberservices@ywcavan.org 604 895 5777 | ywcavan.org/fitness Facility hours: Mon - Fri 5:45 am - 9:30 PM, Sat & Sun 8 am - 5:30 PM Updated September 2025. Schedule subject to change. Classes may be cancelled due to low participation.

Cycle Studio Schedule | Sept 2 - Dec 21 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING		6:15 - 7:15AM		6:15 - 7:15AM		Book classes	on your
CLASSES		Cycle60 w/ Jennie		Cycle60 w/ Reesa	YWCA Health + Fitnes		
						Centre mobile app!	
						8:30 - 10AM	
						Endurance Ride w/ Jennie	
AFTERNOON	12:15 - 1PM					11:15AM - 11:45AM	
CLASSES	Cycle45 w/ Wendi	Ride w/ Kathy	Cycle45 w/ Jennie	Cycle45 w/ Sandy		Be Fit \$ • • • w/ Alesya	
						\$ - Fees apply	
EVENING CLASSES	5:15 - 6:15PM Cycle60					Studio rules and etiquette are posted in each studio and on our website.	
CLASSES	w/ Jill M	w/ Alex	Cycle60 w/ Jeff			If you cannot make your class, please unregister to release the spot to someone else. No shows may be charged a \$10 fee. You can update	
						your availability on your mobile app. Color codes: Strength Cardio Cycle	