

# Cycle Studio Schedule | Sept 2 - Dec 21 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING CLASSES		6:15 - 7:15AM		6:15 - 7:15AM		Book classes on your YWCA Health + Fitness Centre mobile app!	
		Cycle60 w/ Jennie ●		Cycle60 w/ Reesa ●			
AFTERNOON CLASSES	12:15 - 1PM					8:30 - 10AM	
	Cycle45 w/ Wendi ●	Ride w/ Kathy ●	Cycle45 w/ Jennie ●	Cycle45 w/ Sandy ●			
EVENING CLASSES	5:15 - 6:15PM				11:15AM - 11:45AM		
	Cycle60 w/ Jill M ●	Cycle & Tone w/ Alex ●●	Cycle60 w/ Jeff ●		Be Fit \$ w/ Alesya ●●		
							\$ - Fees apply
							Studio rules and etiquette are posted in each studio and on our website.
							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 ●