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.

Studio 1 Schedule | Sept 2 - Dec 21 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING		,	7:30 - 8AM		7:30 - 8AM	Book classes on your	
CLASSES			Sculpt Express w/ Sandy		Sculpt Express w/ Sandy	YWCA Healt	
	9:15 - 11:45AM					Centre mobile app!	
	Pickleball \$ (shared space)	Pickleball \$ (shared space)	Pickleball \$ (shared space)	Pickleball \$ (shared space)	Pickleball \$ (shared space)		.с арр.
						9 - 10AM	
						Dance Party w/ Rotating Instructors	
						10:30 - 11:30AM	
						Yoga Flow w/ Todd	Yoga Flow w/ Jenna
AFTERNOON			12:15 - 1PM			11:45AM - 12:30PM	
CLASSES	Strength & Cardio w/ Alex	Strength & Cardio w/ Josh	Pilates Mat w/ Hector	Strength Total Body w/ Alesya	Strength Total Body w/ Hector	Be Fit \$ w/ Alesya	
	1:15 - 2PM					1:15 - 5:15PM	
	Zumba w/ Kane	Strength Total Body w/ Melissa	Restorative Stretch w/ Jody	Yoga Flow w/ Jill M	Step w/ Annie	Pickleball \$ (shared space)	Pickleball \$ (shared space)
		2:15 - 3:45PM				\$ - Fees apply	
					Studio rules and etiquette are posted		
		Pickleball \$ (shared space)	Strength Total Body w/ Alex	Pickleball \$ (shared space)		in each studio and o	n our website.
EVENING	5:15 - 6:15PM					If you cannot make your class, please	
CLASSES	HIIT w/ Sandy	DanceFit w/ Johanna	HIIT w/ Josh	Core & Stretch w/ Chris	Bollywood w/ Manitha	unregister to release the spot to someone else. No shows may be	
	6:30 - 7:30PM			6:30 - 7:30PM		charged a \$10 fee. You can update your availability on your mobile app.	
	Zumba Toning w/ Maybelin	Karate w/ Hamid (till 8pm)		HIIT w/ Jenna	Karate w/ Hamid (till 8pm)	Color codes:	rour mobile app.
	8 - 9PM					Strength Cardio	
	Pickleball \$ (shared space)	Pickleball \$ (shared space)	Pickleball \$ (shared space)	Pickleball \$ (shared space)	Pickleball \$ (shared space)	Pilates Yoga Stretch Dance Exercise Martial Arts	