



— WINNIPEG —
WINTER CLUB

Find strength in connection.

Fitness Schedule

January 5 - March 21, 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Strength Booster Moein 6:30am	Yogalates Gabriela 6:30am	Strength & Conditioning Moein 6:30am	Rise & Shine Yoga Ian 6:30am	Spin & Strength Stephanie 6:30am	
Aquafit Moein 9:15am	Aquafit Abby 9:15am		Aquafit Abby 9:15am	Aquafit Moein 9:15am	
	Pilates Ruth 9:30am	Spin–Strength Mobility Fusion Moein 9:30am	Vinyasa Flow Yoga Gabriella 9:30am	Circuit Chaos Aimee 9:30am	
Cardio Core & More Aimee 10:00am	MELT * Ruth 10:45am January 6-March 10				Fitness Frenzy Aimee 10:00am
Forever 21 Aimee 11:15am		Forever 21 Aimee 11:30am			The Mobility Fix * Meagan 11:15am January 10-March 28
Bootcamp Blitz Christian 6:00pm	Yoga Lab Ian 6:00pm	Circuit Circus Vince 6:00pm	TRX, Spin & Strength Moein 6:00pm		

Class schedule subject to change. See real time schedules online or in app.

No class on Louis Riel Day — Monday, Feb 16th.

* Must register for full session. Additional fees apply.

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