



— WINNIPEG —  
**WINTER CLUB**

Find strength in connection.

# Fitness Schedule

April 6 - June 19, 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Strength Booster</b> Moein 6:30am	<b>Yogalates</b> Gabriela 6:30am	<b>Strength &amp; Conditioning</b> Moein 6:30am	<b>Rise &amp; Shine Yoga</b> Ian 6:30am	<b>Spin &amp; Strength</b> Moein 6:30am	
<b>Aquafit*</b> Moein 9:15am	<b>Aquafit*</b> Abby 9:15am		<b>Aquafit*</b> Abby 9:15am	<b>Aquafit*</b> Moein 9:15am	
	<b>Pilates</b> Ruth 9:30am	<b>Spin–Strength Mobility Fusion</b> Moein 9:30am	<b>Vinyasa Flow Yoga</b> Gabriella 9:30am	<b>Circuit Chaos</b> Aimee 9:30am	
<b>Cardio Core &amp; More</b> Aimee 10:00am	<b>MELT*</b> Ruth 10:45am March 17- April 28				<b>Fitness Frenzy</b> Aimee 10:00am April 11-May 9
<b>Forever 21*</b> Aimee 11:15am		<b>Forever 21*</b> Aimee 11:00am			<b>The Mobility Fix**</b> Meagan 11:15am April 11-May 30
<b>Bootcamp Blitz</b> Christian 6:00pm		<b>Circuit Circus</b> Vince 6:00pm	<b>Closed Program</b> 5:00- 5:30pm		
<b>Closed Program</b> 5:30- 7:30pm	<b>Closed Program</b> 5:30- 6:00pm		<b>Yogalates</b> Gabriella 6:00pm	<b>Line Dancing*</b> Curtis 6:00pm-7:30pm April 17- May 8	

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

No class on Victoria Day — Monday, May 18th.

\*\* Must register for full session. Additional fees apply.

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[WINNIPEGWINTERCLUB.COM](http://WINNIPEGWINTERCLUB.COM)