



— WINNIPEG —
WINTER CLUB

Find strength in connection.

Fitness Schedule

July 6 - September 4, 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Strength & Conditioning Moein 6:30am		Strength Booster Moein 6:30am	
	Aquafit * Kristen 9:15am		Aquafit * Kristen 9:15am	Aquafit * Moein 9:15am	
Cardio Core & More Aimee 10:00am		Spin–Strength Mobility Fusion Moein 9:30am			
Bootcamp Blitz Christian 6:00pm		Circuit Circus Vince 6:00pm			

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

No class on Terry Fox Day – Monday, August 3rd.

* Additional fees apply.

The class will be cancelled by 7 PM the evening prior if fewer than three members are registered.

WINNIPEGWINTERCLUB.COM