



— WINNIPEG —
WINTER CLUB

Find strength in connection.

Fitness Schedule

September 8 - December 18, 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength Booster Moein 6:30am	Yogalates Gabriela 6:30am	Strength & Conditioning Moein 6:30am	Rise & Shine Yoga Gabriela 6:30am	Spin-Strength Mobility Fusion Maddison 6:30am		
Aquafit* Moein 9:15am	Aquafit* Kristen 9:15am		Aquafit* Kristen 9:15am	Aquafit* Moein 9:15am		
Cardio Core & More Aimee 10:00am	Pilates Ruth 9:30am	Spin-Strength Mobility Fusion Moein 9:30am	Vinyasa Flow Yoga Gabriela 9:30am	Circuit Chaos Caitlin 9:30am	Fitness Frenzy Aimee 10:00am	
Forever 21* Aimee 11:15am	MELT ** Ruth 10:45am (Oct 6 - Dec 8)	Forever 21* Aimee 11:30am			Mobility 101* Meagan 11:15am (Oct 3)	
Bootcamp Blitz Christian 6:00pm	Physical Literacy** Moein 6:00pm (Sept 15 - Nov 17)	Circuit Circus Vincent 6:00pm	Vinyasa Flow Yoga Gabriella 6:00pm	Line-Dance* Curtis 6:00pm (Oct 16 - Dec 18)	The Mobility Fix* Meagan 11:15am (Oct 17 - Dec 19)	RESTORATIVE YOGA AND THAI YOGA MASSAGE ** Meagan 6:00-7:30pm (Oct 25-Dec 20)

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

No class on Wednesday Sept. 30, Monday Oct. 12, and Wednesday Nov. 11

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

* Additional fees apply.

WINNIPEGWINTERCLUB.COM