

2017 Fall Schedule



Monday Classes

6:00AM	Pedal&Push
9:00AM	40 Min Cycling
9:00AM	Circuit Training
10:15AM	Fit2FUNction**
11:30AM	Fit2FUNction**
5:15PM	Barre Fitness
5:45PM	Cycle&Strength
6:30PM	Meno-Positive Exercise**
7:00PM	Signature Boot Camp
7:00PM	Grindin' Gears

Tuesday Classes

6:00AM	Signature Boot Camp
9:00AM	Pedal&Pump
9:00AM	Superset Strength
10:15AM	Mom&Baby Stroller Fitness**
12:00PM	Body Design**
5:00PM	Express Tabata
5:45PM	40 Min Cycling
6:25PM	Active Stretching
7:00PM	Rev Cycling
7:40PM	Prenatal Fitness**

Wednesday Classes

6:00AM	Grindin' Gears
7:30AM	Cycle&Yoga
9:00AM	Cycle&Yoga
10:15AM	Fit2FUNction**
11:30AM	Fit2FUNction**
12:00PM	Body Design**
5:15PM	Pilates**
5:45PM	Pedal&Pump
6:15PM	Signature Boot Camp
6:30PM	Meno-Positive Exercise**
6:50PM	Cycle & Strength
8:00PM	Beyond Fitness for Women

Thursday Classes

6:00AM	Rev Cycling
8:15AM	Pedal & Push
9:00AM	Pedal&Push
10:15AM	Mom&Baby Stroller Fitness**
12:00PM	Body Design**
5:00PM	Superset Strength
5:50PM	Pedal&Push
7:00PM	Signature Boot Camp
7:30PM	Cycle & Yoga

Friday Classes

6:00AM	Cycle&Strength
8:15AM	Cycle&Strength
9:00AM	Cycle&Strength
10:15 AM	Cardio Sculpt
12:00PM	Body Design**
5:45PM	Pedal&Pump

Saturday Classes

8:00AM	Cycle&Strength
9:20AM	Full Body Boot Camp
10:30AM	Cycle&Strength

Sunday Classes

7:50AM	Long Ride**
9:10AM	\$7 SWEAT - 60 Min Cycling
10:30AM	\$7 SWEAT - Cycle&Strength

Contact Us: info@revfit.ca | revfit.ca | (902)444-7738

**Classes marked are part of an enrollment. Members can enroll in these for free or for a reduced cost. All other classes are drop-in and included in your membership.

Please CHECK online for most up to date schedule.

