

# WEEKLY SCHEDULE – Group Fitness



## BOOKING ETIQUETTE

- Guests may book their activity up to 24 hours in advance.
- Walk-ins may be given access to those activities that have still have space at the time of check-in. To avoid disappointment, advance bookings are strongly recommended.
- Participants are permitted to book the equivalent of 2 hours of activities per day. Bookings that exceed the maximum allowance may be deleted without notice.
- Please be aware that guests will be given entry only to the activity they have booked.
- If you are unwell on the day of your booking, we ask that you stay home and cancel your reservation as soon as possible.
- To cancel or make changes to your bookings, please contact us at **778-296-1400** or email us at [info@richmondoval.ca](mailto:info@richmondoval.ca). Be sure to provide the specific details of which booking you would like to cancel and or change.
- Guests are required to abide by the Oval's Conditions of Entry at all times during their visit.

SUN – 11

MON – 12

TUES – 13

WED – 14

THU – 15

FRI – 16

SAT – 17

**8:00AM**  
[Turkey Burner](#)  
[RIDE](#)  
*Darcy*

**9:30AM**  
[Turkey Burner](#)  
[HiIT](#)  
*Olga*

**11:00PM**  
[ATHLETIC](#)  
*Chris*

**12:30PM**  
[Form & Function](#)  
*Pat*

**9:00AM**  
[RIDE](#)  
*Nicole*

**10:30AM**  
[Step Intervals](#)  
*Krista*

**12:00PM**  
[RIDE](#)  
*Angela*

**9:00AM**  
[RIDE](#)  
*Maddy*

**OVAlfit at Home**  
**10:30AM**  
Hatha Yoga  
*Pat*

**12:00PM**  
[ATHLETIC](#)  
*Chris*

**OVAlfit at Home**  
**5:30PM**  
Zumba  
*Thais/Ziyad*

**5:30PM**  
[Zumba®](#)  
*Jay*

**5:30PM**  
[HiIT](#)  
*Olga*

**7:00PM**  
[RIDE](#)  
*Olga*

**9:00AM**  
[RIDE](#)  
*Maddy*

**10:30AM**  
[Lift](#)  
*Krista*

**12:00PM**  
[ATHLETIC](#)  
*Pat*

**5:30PM**  
[Cardio Kickbox](#)  
*Hector*

**OVAlfit at Home**  
**7:00PM**  
Pilates  
*Christa*

**OVAlfit at Home**  
**10:30AM**  
Power Yoga  
*Christa*

**10:30AM**  
[ATHLETIC](#)  
*Ryan*

**12:00PM**  
[RIDE](#)  
*Nicole*

**4:30PM**  
[Core & More](#)  
*Pat*

**8:00AM**  
[RIDE](#)  
*Nicole*

**9:30AM**  
[Lift](#)  
*Nicole*

**11:00AM**  
[ATHLETIC](#)  
*Chris*

**12:30PM**  
[ATHLETIC](#)  
*Chris*

**CLICK ON ANY CLASS NAME TO REGISTER**

