

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 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. 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 – 22

MON – 23

TUES – 24

WED – 25

THU – 26

FRI – 27

SAT – 28

📍 OVALfit at Home

10:30
Hatha Yoga
@ Home
Pat

12:00PM
[Form & Function](#)
Pat

4:30PM
[VIPR® Strength](#)
Olga

6:00PM
[Core & More](#)
Hector

📍 OVALfit at Home

9:30
Strength Circuit
@ Home
Krista

12:00PM
[Strength & Stretch](#)
Angela

📍 OVALfit at Home

5:30
Zumba @ Home
Thais/Ziyad

📍 OVALfit at Home

5:30
Hiit @ Home
Olga

7:00PM
[VIPR® Strength](#)
Olga

📍 OVALfit at Home

9:00AM
Cardio Intervals
@ Home
Maddy

10:30AM
[Lift](#)
Krista

12:00PM
[Hatha Yoga](#)
Pat

📍 OVALfit at Home

5:30
Kickbox @ Home
Hector

7:00PM
[Mat Pilates](#)
Hector

📍 OVALfit at Home

12:00PM
[Power Yoga](#)
Christa

9:00AM
[Lift](#)
Nicole

11:00AM
[Core & More](#)
Pat

CLICK ON ANY CLASS NAME TO REGISTER