

Reserved Drop-in Cycle Schedule (13+yrs)

Effective: Jan 2nd – Jun 14th 2026

Schedule is subject to change

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycle Fit	10:15-11:05am SCP 6-6:50pm PKS	6:10-7am PKS 6:15-7am GHRC 5-5:50pm PKS	6:15-7am GHRC 8-8:50am SCP	5-5:50pm PKS 6:30-7:20pm SCP	6:15-7am GHRC	8:30-9:20am PKS	9:30-10:20am SCP
Cycle & Core		9-10am SCP	9:10-10am PKS				
Cycle & Strength	5:30-6:30pm GHRC	8:45-8:45am GHRC 6:30-7:30pm SCP	5:40-6:40pm SCP	6:15-7:15am GHRC 12:45-1:45pm SCP 5:45-6:45pm GHRC	9:10-10:00am PKS	9-10am SCP	
Cycle & Stretch			6-6:50pm PKS				

GHRC = Gordon Head Recreation Centre | PKS = Pearkes Recreation Centre | SCP = Saanich Commonwealth Place

Notes and Information:	<ul style="list-style-type: none"> Reservations can be made as early as 7 days in advance at 7:30am. Register online at saanich.ca/recreation or call any Saanich Recreation Centre. All classes welcome participants 13yrs+. Check out our live schedule at saanich.ca/recreation No classes on statutory holidays: Feb 16, Apr 3, Apr 6, May 18
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Cycle Fit: 	Come and challenge yourself in this cycling class, including: intervals, drills, sprints and climbs both in and out of the saddle.
Cycle & Core: 	This class begins with approximately 30 minutes on the Keiser spin bike followed by core training that focuses on the lower back, hips, and abdominals; and important part of every fitness program.
Cycle & Strength: 	This class begins with approximately 30 minutes on the Keiser spin bike followed by strength training exercises; a key component for overall fitness.
Cycle & Stretch: 	This class begins on the Keiser spin bike followed by 15 minutes of energizing stretches to help your body recover and rest after the workout.

