

# Group Fitness Summer Schedule June 28th - September 5th

	Monday				Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		
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5:45						Functional H.I.I.T Jen (Gym)				Functional H.I.I.T, Jen (Gym)							5:45
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- Cardio
- Strength
- Cardio/Strength
- Yoga/Pilates
- Y Ride

**Revised on June 24**  
Prior registration required. Please sign up at [capebreton.ymca.ca](http://capebreton.ymca.ca) or scan the QR code:

