

# NOON FITNESS



1200 - 1245 hrs

1 January 2026 to 28 February 2026

**NO CLASS ON 1 January**

**Monday**

- **Circuit Training and Skating**

**Tuesday**

- **Indoor Cycling and Skating**

**Wednesday**

- **Yoga**

**Thursday**

- **Circuit Training and Skating**

**Friday**

- **Mobility and Flexibility**

Serving **CAF members** must show their ID card at our Front Desk and obtain an orange program card.

**Retired military, military spouses and DND/NPF staff** must have a **valid PSP Plan** and have completed the required paperwork prior to attending a class. **Classes are free** and participants must obtain a yellow program card from the front desk, before attending a class. Paperwork must be updated every 6 months.

The program card must be given to the Fitness and Sports Instructor at the start of each class.