DEPTH TRAINING & PHYSIOTHERAPY

GROUP FITNESS

WEEKLY CLASS SCHEDULE.

2026–27 Season · capped at 20 · progressive programming · book your spot online at depththraining.ca or the Jane App

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 AM	Full Body Strength	Full Body Strength	Ignite HIIT	Full Body Strength	Fun Friday CIRCUIT		
7:00 AM	Full Body Strength	Full Body Strength	Ignite HIIT	Full Body Strength	Fun Friday CIRCUIT		
8:00 AM						Saturday Surge HIIT	
9:00 AM						Saturday Surge HIIT	Sunday Sweat RECOVER
12:00 PM	Full Body Strength	Full Body Strength	Ignite HIIT	Full Body Strength	Fun Friday CIRCUIT		
5:00 PM	Full Body Strength	Full Body Strength	Ignite HIIT	Full Body Strength	Fun Friday CIRCUIT		
6:00 PM	Full Body Strength	Full Body Strength	Ignite HIIT	Full Body Strength			

Book your free trial class · new to Depth? Start here

408 Albert St, Waterloo · 226-748-9494 · depththraining.ca