

Winter Schedule: (October to March)

Tuesday 6:00-7:30 pm: track workout at U of M
Max Bell

Wednesday 6:00-7:30 pm: indoor group
bike/brick run workout at U of M Max Bell

Saturday 8:30 to 11:00 am: indoor group bike,
circuit and outdoor run at Pure Lifestyle

Sunday: 9:00 am – 10:30: outdoor group run at
Assiniboine Park Duck Pond