

HOLIDAY SCHEDULE - Victoria Day - MONDAY MAY 20th, 2024

7:00 AM -3:00 PM

Time	Pools		Gymnasium	Studios		Fitness Centre	Program Rooms		
	Lane	Leisure		Cycle	Fitness		1	2	3
7:00			Pickleball 7:00-9:30				CLOSED	CLOSED	CLOSED
7:15									
7:30									
7:45									
8:00									
8:15									
8:30									
8:45									
9:00									
9:15									
9:30	Lane Swim 10:00-2:30 (2 Lanes)		Badminton 9:30-11:00		Tai Chi 1 9:00-10:00	Boot Camp 9-9:30	CLOSED	CLOSED	CLOSED
9:45									
10:00									
10:15									
10:30									
10:45									
11:00									
11:15									
11:30									
11:45									
12:00	Rec Swim 10:00-2:30		Family Gym 11:15-2:30		Tai Chi 3 10:00-11:30	Gravity 11- 11:30	CLOSED	CLOSED	CLOSED
12:15									
12:30									
12:45									
1:00									
1:15									
1:30									
1:45									
2:00									
2:15									
2:30					Stretch 12:15-12:45		CLOSED	CLOSED	CLOSED
2:45									
3:00									
Closed									