

HOLIDAY SCHEDULE - Canada Day - MONDAY July 1st, 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								
7:15											
7:30											
7:45											
8:00											
8:15											
8:30											
8:45											
9:00											
9:15											
9:30	Lane Swim 9:30-11 (4 Lanes)	Open Swim 9:30-11 (4 Lanes)	Badminton 9:30-11:00		Tai Chi 1 9:00-10:00	Canadian Boot Camp 9-9:30					
9:45											
10:00											
10:15											
10:30											
10:45											
11:00					Tai Chi 3 10:00-11:30	Gravity Core 11- 11:30	CLOSED	CLOSED	CLOSED		
11:15											
11:30			Family Gym 11:15-2:30								
11:45											
12:00		Rec Swim 11:30-2									
12:15						Cycle 12:15-12:45					
12:30											
12:45											
1:00											
1:15											
1:30											
1:45											
2:00											
2:15											
2:30											
2:45											
3:00											
Closed											