

HOLIDAY SCHEDULE - Good Friday April, 18th

7:00 AM -3:00 PM

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