

HOLIDAY SCHEDULE - Thanksgiving - Monday October 12th

7:00 AM - 3:00 PM

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