



HOURS OF OPERATION
M– F: **6am–10pm** | Weekends: **7am–8pm**
Statutory Holidays (open on rotation):

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY MORNING						
				Yoga-Restorative 7-7:45am (S3)		
Strength 9:15-10:15am (G)	Cycle & Strength 9:15-10:15am (S1&2)	Core 9:15-10:15am (S1&2)	Bootcamp 9:15-10:15am (G)	Cycle 8:45-9:15am (S1&2)	Cycle 9-9:45am (S1&2)	Cardio & Strength - Synrgy360 9:30-10:15am (FC)
	Stretch & Mobility 10:30-11:15am (S3)	Cardio & Strength – Gentle Fit 9:15- 10am (S3)	Stretch & Mobility 10:30-11:15am (S3)	Strength 9:30-10:30am (S1&2)	HIIT 10-10:45am (S1&S2)	Yoga – Flow 9:45-10:45am (S3)
LATE MORNING (11am) & AFTERNOON						
Cardio & Strength 10:30-11:30am (G)	Tai Chi 10:30-11:30am (S1&2)	Cycle 10:30-11:15am (S1 & S2)	Tai Chi 10:30-11:30am (S1&2)	Cardio Dance 10:30-11:30am (S1&2)		Cardio Dance – Zumba 11-12pm (S3)
Yoga – Flow 10:30-11:30am (S3)		Yoga-Flow 10:30-11:30am (S3)	Aikido 11:30-1pm (S3)	Yoga – Flow 10:30-11:30am (S3)	Yoga – Restorative 11-12:15pm (S3)	
	Cardio & Strength Gentle Fit 12-1pm (G)		Cardio & Strength Gentle Fit 12-1pm (G)			
EVENING						
Cardio & Strength - Synrgy360 5-5:45pm (FC)	Core 5-5:45pm (S3)		Core 5-5:45pm (S3)	Cardio Dance-Zumba Women’s Only 5-5:45pm (S3)		
Strength 6-7pm (G)	Stretch and Mobility 6-6:30pm (S2)	Cardio Dance -Zumba 6-7pm (G)	Cardio & Strength -Synrgy360 6-6:45pm (FC)	Yoga – Flow 6-7pm (S3)		
	Aikido 6-7:30pm (S3)					
Cardio Dance - Zumba 7:15-8:15pm (G)	Cardio Dance - High-Low 7:15-8:15pm (S1&2)	Strength 7:15-8:15pm (G)	Cardio Dance - Zumba 7:15-8:15pm (S3)			
Yoga 7:30-8:30pm (S3)		Yoga 7:30-8:30pm (S3)				

Recreational Sports (G)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Gym 6–7am	Basketball 6–8am	Open Gym 6–7am	Open Gym 6–7:50am	Open Gym 6–7am	Badminton/Pickleball 7-8:50am	Basketball 7-8:50am
Badminton 7:10-9am	Open Gym 8–9:45am	Badminton 7:10-10:45am	Pickleball 8-9am	Badminton 7:10-9am	Basketball 9am–10:30am	Badminton/Pickleball 9-10:30am
Pickleball 11:45am-2:45pm	Pickleball 10-11:45am	Open Gym 11am–12pm	Pickleball 10:30am-11:45am	Open Gym 9:15-10:15am		Open Gym 10:45–2:30pm
Open Gym 3–4pm	Pickleball 1:15–3pm	Pickleball 12:15-3:15pm		Pickleball 10:30am-1:30pm		Pickleball 2:45-4:45pm
Basketball 4–5:45pm	Open Gym 3:15–7:45pm	Open Gym 3:30–4pm	Open Gym 1:15–2pm	Open Gym 1:45–5pm		
		Basketball 4–5:45pm	Basketball 2–4:45pm	Basketball 5–6:45pm		
Open Gym 8:30–9:50pm	Adult Volleyball 8–9:45pm	Open Gym 8:30–9:50pm	Open Gym 5–9:50pm		Open Gym 10:45am–7:50pm	Open Gym 5–7:50pm

Legend: (S1&2) Studio 1 and 2 (S3) Studio 3 (G) Gym (MP) Main Pool (FC) Fitness Centre (MPR) Multipurpose Room

Note: Bridge to Wellness and select Cardio Dance classes are registered sessional programs.

Registration: Pre-Registration is required for everything except open gym, badminton, pickleball, basketball and Adult Volleyball.

Childminding (MPR3)
Monday–Friday, 9:00am- 12:00pm

Childminding (MPR3) & Kids Club (MPR3- except Friday- MPR 1)
Monday–Friday, 5pm- 8pm
Saturday, 9:30am–12:30pm

