

# MONDAY

	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL		
6:00 AM	Open Gym 6:00 - 9:00			Member Lane Swim 6:00 - 6:45			
6:30 AM				AquaFit 7:00 - 7:45			
7:00 AM				Member Open Swim 8:00 - 8:45			
7:30 AM				AquaFit 9:00 - 9:45			
8:00 AM							
8:30 AM							
9:00 AM	HITT 9:15 - 10:00	BodyFit 9:15 - 10:00		AquaFit 9:00 - 9:45			
9:30 AM							
10:00 AM		TRX 10:15 - 11:00	Cognitive Groove - C (Research Study) 10:00 - 11:00	HydroTherapy 10:00 - 10:45			
10:30 AM							
11:00 AM	Pilates 11:15 - 12:15	GentleFit 11:15 - 12:00		Public Open Swim / Lane Swim (2) 11:00 - 12:00	Public Open Swim 11:00 - 12:00		
11:30 AM							
12:00 PM			Chair Yoga 12:15 - 1:00				
12:30 PM				Pool Deck Closed 12:00 - 1:00			
1:00 PM	WalkFit 1:00 - 1:45		CanWell 1:00 - 3:00 (Fitness Centre)	Member Lane Swim 1:00 - 3:45			
1:30 PM							
2:00 PM	Open Gym 2:00 - 4:15						
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM	Basketball (3 - 5 yrs) 4:30 - 5:15			Swim Lessons 4:00 - 7:00			
5:00 PM							
5:30 PM	Basketball: Level 1 (6 - 9 yrs) 5:30 - 6:30	Cycle Fit 5:30 - 6:30					
6:00 PM							
6:30 PM	Badminton 6:45 - 9:45	Zumba 6:45 - 7:30		Adult Swim Lessons 6:55 - 7:25	Public Open Swim 7:00 - 8:55		
7:00 PM							
7:30 PM			Yoga 7:45 - 8:45				
8:00 PM					Public Open Swim 7:30 - 8:55		
8:30 PM							
9:00 PM							
9:30 PM				Public Lane Swim 9:00 - 9:45			
10:00 PM							