



Rememberance Day Weekend

Fitness Schedule

Friday, November 10th

5:30 AM to 10:00 PM

12:10 to 12:50 PM – CycleFit – Lee/Nigel

12:10 to 12:50 PM – Bodyblast – Louise

2:00 to 3:00 PM – GentleFit - Charles

Saturday, November 11th

7:00 AM to 7:00 PM

8:00 to 9:00 AM – CycleFit – Mike

9:30 to 10:45 AM – CycleFit – Don/Skip

10:00 to 11:00 AM – Step – Adrian

2:00 to 3:30 PM – Functional Intensity - Skip

Sunday, November 12th

7:00 AM to 7:00 PM

9:00 AM to 10:00 AM – CycleFit – Skip

11:30 AM to 12:30 PM – BodyBlast – Andre

Monday, November 13th

5:30 AM to 10:00 PM

5:30 to 6:30 PM – Intense Intervals – Boni

5:30 to 6:30 PM – CycleFit - Robert

Pool Schedule

Saturday, November 11th

****No lessons**

10:00 AM to 1:00 PM – Lane Swim

1:00 PM to 4:00 PM – Family Swim

**** Friday, Sunday and Monday will be regular pool hours with lessons running as usual**