



# Thanksgiving Weekend Schedule

## Fitness Schedule

Saturday October 7, 2017

7:00am – 7:00pm

9:0 am - Bodyblast (Studio) - Lana

Sunday October 8, 2017

7:00am – 7:00pm

11:00am - Deep Water AquaFit (10m Pool) - Adrian

11:30am - Ai Chi (10m Pool) - Adrian

Monday October 9, 2017

7:00am – 7:00pm

9:00am - HIIT (Gymnasium) - Steve/Trevor

10:15am - CycleFit (Cycle Area) - Steve/Trevor

1:00pm - Gentle AquaFit (10m Pool) - Helen

\*all other classes cancelled