



Labour Day Weekend Fitness Schedule

Saturday September 1st

8:00 to 9:00 AM – CycleFit – Mike
8:30 to 9:30 AM – Yoga – Ann- Marie
9:30 to 10:45 AM – CycleFit – Don

Sunday September 2nd

Facility hours: 7:00 AM to 7 PM
No classes**

Monday September 3rd

Facility hours: 7:00 AM to 7 PM
9:30 AM – 10:45 AM – Cyclefit – Adele
5:30 – 6:30 PM – Intense Intervals – Boni

Pool Schedule

Saturday, September 1st

3:30 to 6:00 PM – Family Swim

Sunday, September 2nd

9:00 to 11:30 AM – Lane Swim
12:30 to 6:00 PM – Family Swim

Monday, September 3rd

10:00 AM to 1:00 PM – Lane Swim
1:00 to 4:00 PM – Family Swim
4:00 to 5:00 PM – Deep Water Aquafit - James