| <b>HOLIDAY SCHEDULE - Thanksgiving -</b>                             |                             |                         |                                | - Monday October 13th |                         |                            | 7:00 AM - 3:00 PM |        |        |
|--|-----------------------------|-------------------------|--------------------------------|-----------------------|-------------------------|----------------------------|-------------------|--------|--------|
| Time   | Pools                       |                         | Cympagium                      | Studios               |                         | Fitness                    | Program Rooms     |        |        |
| Time   | Lane                        | Leisure                 | Gymnasium                      | Cycle                 | Fitness                 | Centre                     | 1                 | 2      | 3      |
| 7:00<br>7:15<br>7:30<br>7:45<br>8:00<br>8:15<br>8:30<br>8:45         | <b>Lane Swim</b> 8:30-10:30 |                         | Pickleball: Rec<br>7:00-9:30   |                       |                         | <b>Boot Camp</b><br>8-8:30 |                   |        |        |
| 9:00<br>9:15<br>9:30<br>9:45<br>10:00<br>10:15<br>10:30<br>10:45     |                             |                         | <b>Badminton</b><br>9:30-11:00 |                       |                         | <b>Gravity</b> 10-10:30    | Closed            | Closed | Closed |
| 11:00<br>11:15<br>11:30<br>11:45<br>12:00<br>12:15<br>12:30<br>12:45 |                             | Family Swim<br>11-12:30 | Family Gym<br>11:15-2:30       |                       | <b>Core</b> 12:15-12:45 |                            | Closed            | Closed | 3.5552 |
| 1:00<br>1:15<br>1:30<br>1:45<br>2:00<br>2:15<br>2:30<br>2:45         |                             | <b>Rec Swim</b> 12:30-2 |                                |                       |                         |                            |                   |        |        |
| 3:00   |                             |                         |                                | Clara !               |                         |                            |                   |        |        |
| Closed   |                             |                         |                                |                       |                         |                            |                   |        |        |