

Effective January 8, 2024

FACILITY HOURS

Monday to Friday: 6 am to 10 pm Saturday: 7 am to 7 pm Sunday: 8 am to 6 pm Holidays: 8 am to 4 pm

POOL HOURS

Monday/Wednesday/Friday: 6:30 am to 9 pm Tuesday/Thursday: 7:15 am to 9 pm Saturday/Sunday: 8 am to 4 pm

CHILD MINDING

0 to 5 years. \$80/20 hours Saturday: 9 to 11 am Monday/Thursday: 5 to 8 pm Please book 24 hours in advance (My wellness/customer service) SI = Sign In (Parents must sign children under 10 in and out)

SU = Sign Up (My Wellness App or website)

RP = Registered Program (Register online, additional fee \$)

MONDA	Gym 1	Gym 2	MPR 1	MPR 2	MPR 5	Family Play Centre	Other
6:00 AM	 .	sy2				runny ruy centre	ounci
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM					6 1 FV		
8:30 AM					CycleFit 8-8:45 am		
9:00 AM		uitFit			(SU)		
9:30 AM		-10 am 5U)	Arts & Crafts 3-5 yrs				
10:00 AM	(-		9:15-10:45 am				
10:30 AM	Gen	tleFit	(SI)				
11:00 AM	10:30-1	11:15 am					
11:30 AM	(2	SU)				Parented	
12:00 PM					CycleFit	Preschool Play	
					12-12:45 pm	3-4 yrs 11am-1pm	
12:30 PM					(SU)		
01:00 PM		Homeschool Game On 6-15 yrs					
01:30 PM		1-2:30 pm (SI)					
02:00 PM	Rental						
02:30 PM		ntai 3:30 pm					
03:00 PM							
03:30 PM							
04:00 PM		Sports Mix 6-12 yrs					
04:30 PM	Basketball 3-6 pm	4-5 pm (SI)				Parented Preschool Play	
05:00 PM	(DI)	Dodgeball				3-4 yrs	
05:30 PM		6-12 yrs 5-6 pm			Barre	4-6pm	
06:00 PM		(SI)			5:30-6:15 pm (SU)		
06:30 PM	PostCom.	Fun & Games	Arts & Crafts		Zumba		Preschool Play
07:00 PM	BootCamp 6:30 - 7:15 pm (SU)	6-12 yrs 6:15-7:30 pm (SI)	6-12 yrs 6:15-7:15 pm (SI)		6:30 -7:15 pm (SU)	Parented	with Child Minding 3-5 yrs 6:15-7:30 pm
07:30 PM		(31)	YOG	A		Children's Play 5-10 yrs	5.13 7130 pill
08:00 PM			7:30-8:15 pm			6:15-8:30pm	
		16+ 10 pm	U2))			
08:30 PM		DI)					
09:00 PM							
09:30 PM			FACILITY (

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	Gym 1	Gym 2	MPR 1	MPR 2	MPR 5	Family Play Centre	Other
5:00 AM	•	•				, , , , , , , , , , ,	
5:30 AM					Cyclefit 6:15-7 am		
7:00 AM					(SU)		
7:30 AM							
3:00 AM	CO	DE					
	8-8:4	5 am					
3:30 AM	(S						
):00 AM	Zun 9:15-		Arts & Crafts				
:30 AM	(S		3-5 yrs				
0:00 AM			9:15-10:45 am (SI)				
D:30 AM			(JI)				
1:00 AM	YO	CA.					
:30 AM	YO 11-11:					Parented	
2:00 PM	(S	U)			TRX	Preschool Play	
2:30 PM					12-12:45 pm	3-4 yrs 11am-1pm	
					(SU)	Tuni Ipin	
:00 PM							
:30 PM	Pickl				Parkinsons Program		
:00 PM	1-3 pm (DI)				1:30-2:30 (RP)		
2:30 PM	,2	,			(,		
3:00 PM							
:30 PM							
:00 PM							
1:30 PM							
5:00 PM		Y Bball Skills				Parented	
:30 PM		3-5 yrs 4-4:45 pm				Children's Play	
		6-9 yrs				5-10 yrs 4-6pm	
6:00 PM		4:45-5:30 pm 10-14 yrs				·	
		5:30-6:15 pm					Preschool Play
		(RP)					with Child Mindi 3-5 yrs
6:30 PM	Circuit Fit	Fun & Games 6-12 yrs			Family Zumba	Parented Preschool Play	6:15-7:30 pm
7:00 PM	6:30-7:15 pm (SU)	6:15-7:30 pm (SI)			6:30-7:15 pm (SU)	3-4 yrs 6:15-7:15pm	
7:30 PM		ζ//		l iu-Jitsu) pm		Parented	
3:00 PM				RP)		Children's Play	
8:30 PM	Basketball 16+ 7:45-10 pm					5-10 yrs 7:30-8:30pm	
:00 PM	7:45- (D	I)				7.50 0.50pm	
:30 PM				Y CLOSED			

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6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM	Diale	eball					
8:00 AM	7:30-	-9 am			CycleFit		
3:30 AM	1)	OI)			8-8:45 am		
9:00 AM	Strength				(SU)		
9:30 AM		10 am U)	Arts & Crafts		Fit For Life		
0:00 AM		tleFit	3-5 yrs 9:15-10:45 am		9:15-10 am (SU)		
	10:30-1	1:15 am	(SI)		(30)		
0:30 AM	(S	U)					
1:00 AM							
1:30 AM						Parented	
2:00 PM	Re	tal _			CycleFit	Preschool Play 3-4 yrs	
2:30 PM	12-1	12-1 pm			12-12:45 pm (SU)	11am-1pm	
1:00 PM							
1:30 PM		Homeschool Game On 6-15 yrs					
2:00 PM		1-2:30 pm					
2:30 PM		(SI)					
3:00 PM							
3:30 PM							
4:00 PM		Racquet Sports					
4:30 PM	Volleyball Skills 5-9 yrs 4-4:45 pm	6-12 yrs 4-5 pm (SI)				Parented Preschool Play	
5:00 PM	10-14 yrs	Basketball				3-4 yrs	
5:30 PM	5-5:45 pm (RP)	5-6 pm				4-6pm	
6:00 PM	, ,	(DI)	Fun & Games				
06:30 PM		MBA	6-12 yrs 6:15-7:15 pm (SI)		Taekwondo 6-6:45 pm Beginner & Yellow Stripe	Children's Play	Preschool Play with Child Minding
7:00 PM	6:30-7:15 pm (SU)		YOGA		(7+) 6:45-7:30 pm	5-10 yrs 6:15-7:15pm	3-5 yrs 6:15-7:30 pm
7:30 PM				:15 pm :U)	Yellow & Orange Belt (7+)		
8:00 PM	Badminton 16+ yrs 7:45-10 pm		(30)		7:30-8:15 pm	Parented	
8:30 PM					Green-Red Belt 8:15-9:30 pm	Children's Play 5-10 yrs 7:30-8:30 pm	
9:00 PM	(L))) 			Black Stripe & Black Belt		
9:30 PM					(RP)		

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6:00 AM	,					, ,	
6:30 AM							
7:00 AM							HIIT
7:30 AM							7-7:45 am (SU)
8:00 AM	CORE 8-8:45 am (SU)						
8:30 AM							
9:00 AM	Zun				BoxFit		
9:30 AM	9:15- ⁻ (S		Arts & Crafts		9:15:10 am (SU)		
10:00 AM	,-	-,	_ 3-5 yrs 9:15-10:45 am		(/		
10:30 AM	Rental 10:30-12:30 pm		(SI)				
1:00 AM			YO	GA			
11:30 AM			11-1	2 am U)		Parented	
12:00 PM	Rental 12-1 pm				TRX	Preschool Play 3-4 yrs 11 am-1 pm	
12:30 PM					12-12:45 pm (SU)		
01:00 PM							
01:30 PM	Pickl	ehall			Parkinsons Program		
02:00 PM	1-3	pm		1:30-2:30 (RP)			
02:30 PM	(0	OI)					
03:00 PM							
03:30 PM		Y Soccer Skills					
04:00 PM		3-5 yrs					Teen Learn
04:30 PM	Basketball	4:00-4:45 6-9 yrs				Parented	to Lift 4-5 pm
05:00 PM	3-6 pm (DI)	4:45-5:30 pm				Children's Play 5-10 yrs	(SU)
05:30 PM		10-14 yrs 5:30-6:15 pm				4-6 pm	
06:00 PM		(RP)					
06:30 PM						Danautad	Preschool Play
07:00 PM	Youth Baske 6:30-7 (R	:30 pm			TRX 6:30-7:15 pm (SU)	Parented Preschool Play 3-4 yrs	with Child Mindin 3-5 yrs 6:15-7:30 pm
07:30 PM	(n	,		! !!a	(50)	6:15-7:15 pm	
8:00 PM			7-9	iu-Jitsu pm			
08:30 PM	Basketh			(P)			
9:00 PM	7:45- ⁻ ([
9:30 PM	(2						

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FRIDAY							
	Gym 1	Gym 2	MPR 1	MPR 2	MPR 5	Family Play Centre	Other
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM					CycleFit		
8:30 AM					8-8:45 am		
9:00 AM					(SU)		
9:30 AM		Camp	Arts & Crafts				
0:00 AM		10 am (U)	3-5 yrs 9:15-10:45 am		Stretch and Mobility		
		tleFit	(SI)		10:15-11 am		
10:30 AM	10:30-1	1:15 am			(SU)		
11:00 AM	(S	(U)					
11:30 AM						Parented	
12:00 PM		ntal			CycleFit	Preschool Play 3-4 yrs	
12:30 PM	12-1 pm				12-1 pm 11am-1 p	11am-1 pm	
01:00 PM					(SU)		
01:30 PM	Pickl	eball				Parented	
02:00 PM	1-3	pm				Children's Play 5-10 yrs	
02:30 PM	(L	DI)				1-2:30 pm	
03:00 PM							
03:30 PM							
04:00 PM							
04:30 PM						Parented	
05:00 PM						Preschool Play 3-4 yrs	
05:30 PM						4-6 pm	
06:00 PM							
06:30 PM	Fun & Games	Zumba					
07:00 PM	6:15-7:30 pm 6-12 yrs (SI)	6:30-7:15 pm (SU)			Rental 5-8:30 pm		
7:30 PM	Deep Roots Basketball 14+					Parented	
8:00 PM						Children's Play 5-10 yrs	
08:30 PM	7:30-	-9 pm				7:30-8:	
09:00 PM	(L	DI)					
9:30 PM							
0:00 PM				FACILITY CLOSED			

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7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM					CycleFit		
9:00 AM		Nation®			8:30-9:15 am		
9:30 AM		O am SU)			(SU)		
10:00 AM	Family Sports	Family Gym Kids	Jiu-Jitsu Ages 6-8 yrs				
10:30 AM	10-11:30 am	10:15-11:30 am					
11:00 AM	(DI)	(DI)		0:00 am		Parented Children's Play	
11:30 AM				9-12 yrs 11:45 am		5-10 yrs 10am-12:20pm	
12:00 PM			Ages 13-17 yrs 12:00-1:30 pm			- 10am-12:20pm	
12:30 PM							
01:00 PM	Family B	Family Badminton		(RP)		Birthday Parties	Teen Conditioning
01:30 PM	12-2:30 pm (DI)						Course 10-15 yrs 1-2 pm (SU)
02:00 PM						1-3pm	
)2:30 PM		For Setup -3 pm					
03:00 PM							
03:30 PM							
04:00 PM		Birthday					
04:30 PM		Parties				Birthday Parties	
05:00 PM		3-6 pm				3:30-5:30pm	
)5:30 PM							
06:00 PM							
6:30 PM							

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SUNDAY	1						
	Gym 1	Gym 2	MPR 1	MPR 2	MPR 5	Family Play Centre	Other
8:00 AM							
8:30 AM					CycleFit		
9:00 AM	YO				8:30-9:15 am		
9:30 AM	9-9:4 (S				(SU)		
10:00 AM							
10:30 AM	Vouth Indoor	Cassau Langua				Parented	
11:00 AM	Youth Indoor Soccer League 6-10 yrs 10 am - 1 pm (RP)					Children's Play 5-10 yrs	
11:30 AM						10am-12pm	
12:00 PM	,	(1117)					
12:30 PM							
01:00 PM						Parented	
01:30 PM	Basketba 1-3	II League nm				Preschool Play 3-4 yrs	
02:00 PM	(R					12-2pm	
02:30 PM							
03:00 PM							
03:30 PM						2.41.24	
04:00 PM		Birthday Parties				Birthday Parties 2:30-5:30pm	
04:30 PM		2:30-5:30 pm					
05:00 PM							
05:30 PM							
06:00 PM				FACILITY CLOSED			

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