Good Friday Schedule

Fitness Centre
8:00am – 3:30pm

Gym 1 & 2:
High Performance Training
Gym 3: Youth Basketball (10-16 yrs)
8:15am – 9:45am
Gym 3: Drop-In Basketball (17+ yrs)
12:30pm – 3:15pm
Gym 4: Family Sport (All Ages)
8:30am – 11:45am
Gym 4: Badminton/Table Tennis (17+ yrs)
12:00pm – 3:15pm

Climbing Wall
10:00am – 1:00pm

Group Fitness
Pilates: 10:00am – 11:00am (Studio 2)
Synrgy: 12:00pm – 1:00pm (Fitness Centre)

Lane Swim
8:30am – 3:30pm

Leisure Swim
1:30pm – 3:30pm

Walking Track
8:00am – 11:00am