Labour Day Schedule

Fitness Centre
UNAVAILABLE
Track (Cardio/Stretching) & North Room (Strength Machines)
8:00am – 3:30pm
Academy (Squat Racks)
11:00am – 3:00pm

Gym 1: Family Sport (All Ages)
8:30am – 12:00pm
Gym 1: Badminton/Table Tennis (17+ yrs)
12:15pm – 3:00pm
Gym 2: Youth Basketball (10-16 yrs)
8:30am – 12:00pm
Gym 2: Basketball (17+ yrs)
12:15pm – 3:00pm
Gym 3 & 4:
UNAVAILABLE

Climbing Wall
10:00am – 1:00pm

Group Fitness
Bootcamp: 10:00am – 11:00am (Studio 1)
Zumba: 1:00pm – 2:00pm (Studio 1)

Lane Swim
8:30am – 3:30pm
Leisure Swim
11:00am – 1:00pm
Walking Track
8:00am – 11:00am