

## Monday

Time	Fitness Room	Youth Centre	Ice Rink	Gymnasium	Mezzanine
12:00	Adult Fitness 18+ Noon-3:00			Tumble & Tots Noon-2:30	
12:30					
1:00					
1:30					
2:00					
2:30					
3:00					
3:30		Afterschool Program 3:30-5:30	Open Skate 10+ 3:30-5:00	Youth Open Gym 3:30-5:00	
4:00	After School Fitness 16+ 4:00-6:00				
4:30					
5:00					
5:30					
6:00			Family Skate 6:00-7:30		Youth Choir 6:00-7:30
6:30		Youth Open Drop-in 6:30-8:00			
7:00	Ladies Only 16+ 7:00-8:00			Judo 15+ 7:30-9:00	
7:30					
8:00					
8:30					
9:00	Adult Fitness 18+ 9:00-10:00	Adult Space 18+ 9:00-10:00			
9:30					
10:00					
10:30					

## Tuesday

Time	Fitness Room	Youth Centre	Ice Rink	Gymnasium	Mezzanine
12:00	<b>Adult Fitness 18+</b>  <b>Noon-3:00</b>				
12:30					
1:00					
1:30					
2:00					
2:30					
3:00					
3:30					
4:00	<b>After School Fitness 16+</b> 4:00-6:00	<b>Afterschool Program</b> 3:30-5:30			
4:30					
5:00			<b>Learn to Skate</b> 5:30-6:30		
5:30					
6:00				<b>Tumble and Tots</b> 6:00-7:00	<b>Traditional Sewing 18+</b> 6:00-9:00
6:30					
7:00		<b>Family Games</b> 7:00-8:00			
7:30					
8:00			<b>Adult Hockey 18+</b> 7:30-9:30		
8:30					
9:00	<b>Adult Fitness 18+</b> 9:00-10:00	<b>Adult Space 18+</b> 9:00-10:00			
9:30					
10:00					
10:30					

## Wednesday

Time	Fitness Room	Youth Centre	Ice Rink	Gymnasium	Mezzanine
12:00	Adult Fitness 18+ Noon-3:00			Tumble & Tots Noon-2:30	
12:30					
1:00					
1:30					
2:00					
2:30					
3:00					
3:30		Afterschool Program 3:30-5:30	Open Skate 10+ 3:30-5:00	Youth Open Gym 3:30-5:00	
4:00	After School Fitness 16+ 4:00-6:00				
4:30					
5:00					
5:30					
6:00		Youth Open Drop-in 6:30-8:00	Learn to Play Hockey 6-11 yrs 6-7pm 12-15 yrs 7-8pm Women 16+ 8-9pm		
6:30	Ladies Only 16+ 7:00-8:00				
7:00					
7:30					
8:00					
8:30	Adult Fitness 18+ 9:00-10:00	Adult Space 18+ 9:00-10:00			
9:00					
9:30					
10:00					
10:30					

## Thursday

Time	Fitness Room	Youth Centre	Ice Rink	Gymnasium	Mezzanine
12:00	Adult Fitness 18+ Noon-3:00				
12:30					
1:00					
1:30					
2:00					
2:30	Afterschool Program 2:30-5:30	Youth Hockey 10+ 2:30-4:00	Youth Open Gym 2:30-4:00		
3:00					
3:30		After School Fitness 16+ 4:00-6:00	Learn to Skate 5:30-6:30		Tumble and Tots 6:00-7:00
4:00					
4:30					
5:00	Traditional Sewing 18+ 6:00-9:00	Family Games 7:00-8:00			
5:30					
6:00		Adult Hockey 18+ 7:30-9:30			
6:30					
7:00					
7:30	Adult Space 18+ 9:00-10:00				
8:00					
8:30					
9:00	Adult Fitness 18+ 9:00-10:00				
9:30					
10:00					
10:30					

## Friday

Time	Fitness Room	Youth Centre	Ice Rink	Gymnasium	Mezzanine
12:00	<b>Adult Fitness 18+</b> Noon-3:00			Tumble & Tots Noon-2:30	
12:30					
1:00					
1:30					
2:00					
2:30					
3:00					
3:30		Afterschool Program 3:30-5:30	Open Skate 10+ 3:30-5:00	Youth Open Gym 3:30-5:00	
4:00	After School Fitness 16+ 4:00-6:00				
4:30					
5:00					
5:30					
6:00			Family Skate 10+ 6:00-7:30		
6:30					
7:00	Ladies Only 16+ 7:00-8:00	Youth Movie Night 10+ 7:00-9:00			
7:30					
8:00					
8:30					
9:00	Adult Fitness 18+ 9:00-10:00				
9:30					
10:00					
10:30					

## Saturday

Time	Fitness Room	Youth Centre	Ice Rink	Gymnasium	Mezzanine
12:00					
12:30					
1:00					
1:30					
2:00				Youth Open Gym 2:00-4:00	
2:30	Youth Open Drop-in 2:30-6:00	Family Skate 2:30-4:30			
3:00					
3:30					
4:00				Tumble and Tots 5:00-6:30	
4:30					
5:00	Ladies Only 16+ 6:00-7:00		Open Skate 10+ 5:30-6:30		
5:30					
6:00		Family Games 7:00-8:00			
6:30					
7:00			Adult Hockey 18+ 7:30-9:30		
7:30					
8:00	Adult Fitness 18+ 9:00-10:00	Teen Space 9:00-10:00			
8:30					
9:00					
9:30					
10:00					
10:30					

## Sunday

Time	Fitness Room	Youth Centre	Ice Rink	Gymnasium	Mezzanine
12:00					
12:30					
1:00					
1:30					
2:00				Youth Open Gym	
2:30		Youth Open Drop-in	Family Skate	2:00-4:00	
3:00		2:30-4:00	2:30-4:30		
3:30					
4:00					
4:30					
5:00		Family Games			
5:30		5:00-6:00	Youth Hockey		
6:00	Ladies Only 16+		10+	Tumble and Tots	
6:30	6:00-7:00	Youth Open Drop-in	5:30-7:30	6:30-8:00	
7:00		7:00-8:00			
7:30					
8:00					
8:30					
9:00	Adult Fitness 18+	Teen Space			
9:30	9:00-10:00	9:00-10:00			
10:00					
10:30					