



GYM SCHEDULE – WINTER 2026 – January 5, 2026 – April 5, 2026						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Open Gym</b> (Girls Only 10-14 years) <b>FREE</b> 7:00pm – 9:00pm	<b>Cardio Dance</b> (55+) 12:30pm – 1:30pm <b>*\$3.18 per visit</b>	<b>Badminton</b> (18+) 8:00pm – 9:15pm	<b>Cardio Dance</b> (55+) 10:15am-11:15am <b>*\$3.18 per visit</b>	<b>Basketball</b> (13-17 years) 6:00pm – 7:45pm	<b>Open Gym</b> (17 and Under with Adult) <b>FREE</b> 9:30am – 11:00am	
	<b>Basketball</b> (13-17 years) 8:00pm – 9:15pm		<b>Chair Pilates</b> (55+) 11:30am – 12:30pm <b>*\$3.18 per visit</b>	<b>Basketball</b> (18+) 7:45pm – 9:15pm	<b>Open Gym</b> (17 and Under with Adult) 11:30am – 12:30pm	
					<b>Open Gym</b> (9-12) 1:15pm – 2:15pm	
					<b>Badminton</b> (18+) 2:15pm – 3:15pm	

**NOTES:** Centre will be Closed on February 16, 2026 (Family Day)

Centre will be on a modified schedule From March 14-22, 2026 (March Break)

Centre will be closed on April 3, 2026 (Good Friday) and April 6, 2026 (Easter Monday)