



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