

Fitness Studio - Hours of Operation January 2 - March 31

Monday 6:00am - 9:30pm	Tuesday 6:00am - 9:30pm	Wednesday 6:00am - 9:30pm	Thursday 6:00am - 9:30pm	Friday 6:00am - 9:30pm	Saturday 8:00am - 4:30pm	Sunday 8:00am - 4:30pm
Ask A Trainer 9 - 11am 3 - 7pm	Ask A Trainer 3 - 7pm	Ask A Trainer 9 - 11am 3 - 7pm	Ask A Trainer 3 - 7pm	Ask A Trainer 9 - 11am 3 - 6 pm	Ask A Trainer 10am - 2pm	Ask A Trainer 10am - 2pm

*The Community Centre is closed Dec 25 - 26 & Jan 1. Closed early Dec 24 & 31. Open Feb 18, 9:00am - 3:00pm