



Timmins Campus - Athletic Facility
Fall 2018 - Wellness Centre Schedule

Effective Sept. 4/18

7AM	Monday	Tuesday	Wednesday	Thursday	Friday	7AM	Sat.	Sun.
7:30am						7:30am		
8:00am						8:00am		
8:30am	FF1013		PR3053		FF1013	8:30am		
9:00am	full		full		full	9:00am		
9:20am	closure		closure		closure	9:20am		
9:30am	PR3053		FF1013	PR3053		9:30am		
10:00am	full		full	full		10:00am		
10:20am	closure		closure	closure		10:20am		
10:30am	PF1093				PF1093	10:30am		
11:00am	full				full	11:00am		
11:20am	closure				closure	11:20am		
11:30am						11:30am		
Noon						Noon		
12:20pm						12:20pm		
12:30pm						12:30pm		
1:00pm						1:00pm		
1:20pm						1:20pm		
1:30pm			Intramurals (gym)	PF1093		1:30pm		
2:00pm				full		2:00pm		
2:20pm				closure		2:20pm		
2:30pm						2:30pm		
3:00pm						3:00pm		
3:20pm						3:20pm		
3:30pm						3:30pm		
4:00pm						4:00pm	closing	closing
4:30pm						4:30pm		
5:00pm		Yoga				5:00pm		
5:30pm		(gym)	Piloxing			5:30pm		
6:00pm			(gym)			6:00pm		
6:30pm		Volleyball League (gym)				6:30pm		
7:00pm						7:00pm		
7:30pm						7:30pm		
8:00pm						8:00pm		
8:30pm						8:30pm		
9:00pm						9:00pm		
9:30pm						9:30pm		
10:00pm						10:00pm		

CLOSING:	9:45pm	9:45pm	9:45pm	9:45pm	9:45pm
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NOTE: Schedule subject to change at the discretion of Management.
 FULL indicates both gym and weightroom closed due to class.
 GYM indicates only a class is occupying the gym floor area.
BE SURE TO CALL AND BOOK YOUR SQUASH COURT PERIOD.