



ATHLETIC FACILITY

CONTACT US AT 705-235-7225

Fall 2018 WELLNESS CENTRE SCHEDULE

Effective Oct. 12/18

7AM	Monday	Tuesday	Wednesday	Thursday	Friday	7AM	Sat.	Sun.	
7:30am						7:30am			
8:00am						8:00am			
8:30am	FF1013 full closure		PR3053 full closure			8:30am			
9:00am						9:00am			
9:20am						9:20am			
9:30am	PR3053 full closure		FF1013 full closure	PR3053 full closure		9:30am			
10:00am							10:00am		
10:20am						10:20am			
10:30am	PF1093 full closure					10:30am			
11:00am						11:00am			
11:20am						11:20am			
11:30am		Spin room			Spin room	11:30am			
Noon						Noon			
12:20pm						12:20pm			
12:30pm				Spin room		12:30pm			
1:00pm						1:00pm			
1:20pm						1:20pm		Indoor soccer	
1:30pm			Intramurals (gym)	PF1093 full closure		1:30pm			
2:00pm							2:00pm		
2:20pm						2:20pm			
2:30pm	PF1093 (gym)					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 (gym)				5:00pm			
5:30pm				Piloxing (gym)			5:30pm		
6:00pm							6:00pm		
6:30pm						6:30pm			
7:00pm		Volleyball League (gym)	Indoor Soccer			7:00pm			
7:30pm					Volleyball (half gym)			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.

