

Spring Session #2 2022

Functional Studio Quiet Hours:

May 9th – June 25th

The Functional Studio will remain open during our Yoga classes for quiet practice. Users are asked to respect the Yoga students and limit loud and heavy training while the class is taking place.

Quiet HOURS

Tues 10:30-11:30am

Thurs 5:15-6:15pm

Sun 10:30-11:30am



Canada Games
Aquatic Centre

Centre Aquatique
Jeux du Canada