

# MARCH BREAK 2021

## FITNESS CLASSES

March 1st – March 7th, 2021

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
9AM		·Deep H20		·Deep H20			
9:30AM	·Morning Mix		·Morning Mix		·Morning Mix		
10:30AM		·Yoga					
11:15AM	·Arthritics		·Arthritics		·Arthritics		
12:10PM	·Mobility ·Aquacise	·HIIT	·Cardio Blast ·Aqua-Tabata	·DB Circuit	·Core & More		
5:15PM	·Spin	·Zumba					
6:15PM	·Buns & Guns	·Insanity	·Core & More	·Transform	<b>FITNESS HOURS</b>		
7:15PM	·Aquacise		·Aquacise		Mon-Fri: 6:00am-8:00pm Sat-Sun: 7:00am-2:00pm		

### LEGEND

**Deep H20:** Deep end competition pool.

**Afternoon Aqua Classes:** Lower leisure pool.

**Arthritics:** Lower leisure pool.

**Evening Aquacise:** Shallow end competition pool.

**Spin:** MPR aerobic studio.

**MPR Classes:** MPR aerobic studio.



Canada Games  
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Centre Aquatique  
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