

Winter 2023 Functional Studio

Quiet Hours:

Jan 9th – Mar 5th, 2023

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. Studio will be closed during class times held in the studio itself.

Mon 5:00-5:50pm **Closed for class**

Tue 10:30-11:30am

Tue 12:50pm-1:30pm **Closed for class**

Thu 5:15-6:15pm

Sun 10:30-11:30am



Canada Games
Aquatic Centre

Centre Aquatique
Jeux du Canada