

Fall 2023 Functional Studio

Quiet Hours:

Sept 11th - Oct 29th, 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 5:00-5:50 pm **Closed for class**

Tue 10:30-11:30 am

Tues 6:30-7:30 pm

Thurs 10:30-11:30 am

Thu 5:15-6:15 pm



Canada Games
Aquatic Centre

Centre Aquatique
Jeux du Canada