

# **Fall 2022 Functional Studio**

## **Quiet Hours:**

Oct 31<sup>st</sup> – Dec 23<sup>rd</sup>

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.

**Mon 5:00pm – 6:15pm**

**Closed for class**

**Tue 10:30-11:30am**

**Quiet Time**

**Thu 5:15-6:15pm**

**Quiet Time**



**Canada Games  
Aquatic Centre**

**Centre Aquatique  
Jeux du Canada**