

	Gymnasium	Exercise Room	Fitness Room	Activities Room	Pool
7:00A-8:00A				7:00 AM-8:55 AM Arshvir Dance (P)	
8:00A-9:00A					
9:00A-10:00A		9:10 AM- 10:00 AM Morning Yoga Flow (all levels) (D)		9:00 AM-9:50 AM Classical Martial Arts (P)	
10:00A-11:00A	10:10 AM-11:25 AM Boot Camp (III) (D)	10:00 AM-10:55 AM Diana's Dance (P)		10:00 AM-10:55 AM Classical Martial Arts (P)	10:30 AM-8:00 PM Lane Swimming (D)
11:00A-12:00P				11:00 AM-11:55 AM OHDC Heels Dance (P)	
12:00P-1:00P	12:00 PM-1:55 PM YRCP CultureLink Basketball (P)	11:30 AM- 12:25 PM Strong by Zumba (II-III) (D)		12:00 PM-1:30 PM Judo Beginner (R)	
1:00P-2:00P		12:30 PM-1:55 PM CultureLink – Dance Workshop (P)			
2:00P-3:00P	2:00 PM-2:55 PM Rotman Basketball (P)	2:00 PM-2:55 PM NSA Dance (P)		1:30 PM-3:00 PM Judo Intermediate (R)	
3:00P-4:00P	3:00 PM-3:55 PM Neurology Basketball (P)	3:00 PM- 3:55 PM Pearlyn's Dance (P)		3:15 PM-4:45 PM Shorinji-Kan Jiu Jitsu (R)	
4:00P-5:00P	4:30 PM- 5:45 PM Core BT (III) (D)				
5:00P-6:00P		5:00 PM-5:55 PM OHDC Dance (P)		5:10 PM-6:00 PM Tae Kwon Do Intermediate (R)	
6:00P-7:00P	7:00 PM-7:55 PM Mogen Soccer (P)	6:10 PM-7:00 PM Ballroom I (R)		6:10 PM-8:00 PM Tae Kwon Do Competitive Group (R)	
7:00P-8:00P	7:00 PM-7:55 PM Yagna's Soccer (P)	7:10 PM-8:00 PM Salsa (R)			
8:00P-9:00P	8:00 PM-8:55 PM Santiago's Soccer (P)			8:00 PM- 9:00 PM SCUBA-Discover Underwater Hockey (P)	
9:00P-10:00P					
10:00P-11:00P					
	Range				
	Squash Courts				

Legend	
(R)	Registered Classes
(P)	Private Booking
(D)	Drop-in Classes