

SENIOR RAVENS SCHEDULE

FALL 2025 (SEPT 2 - DEC 20)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 - 7:30 AM FITNESS SWIM SHALLOW ONLY 7:00 AM - 12:00 PM TRACK & FITNESS CENTRE ACCESS 11:45 AM - 1:15 PM REC SWIM WHOLE POOL 9:30 - 10:45 AM STRETCH & STRENGTH CURT B. MP ROOM + ONLINE 12:05 - 12:55 PM AQUAFIT MEGAN S. SHALLOW ONLY	7:30 - 9:00 AM FITNESS SWIM SHALLOW ONLY 7:00 AM - 12:00 PM TRACK & FITNESS CENTRE ACCESS 11:45 AM - 1:15 PM REC SWIM WHOLE POOL 9:30 - 10:30 AM CU SPIN HIITS* EMILIANO C. SPIN STUDIO 10:00 - 11:00 AM MOVEMENT & MOBILITY LACEY T. YOGA STUDIO	6:00 - 7:30 AM FITNESS SWIM SHALLOW ONLY 7:00 AM - 12:00 PM TRACK & FITNESS CENTRE ACCESS 11:45 AM - 1:15 PM REC SWIM WHOLE POOL 9:30 - 10:45 AM STRETCH & STRENGTH CURT B. MP ROOM + ONLINE	7:30 - 9:00 AM FITNESS SWIM 3 LANES + LONG COURSE 7:00 AM - 12:00 PM TRACK & FITNESS CENTRE ACCESS 11:45 AM - 1:15 PM REC SWIM WHOLE POOL + LONG COURSE 12:05 - 12:55 PM INTRO PILATES* PAM F. YOGA STUDIO	6:00 - 7:30 AM FITNESS SWIM SHALLOW ONLY 7:00 AM - 12:00 PM TRACK & FITNESS CENTRE ACCESS 11:45 AM - 1:15 PM REC SWIM WHOLE POOL 9:30 - 10:45 AM STRETCH & STRENGTH TOM S. MP ROOM + ONLINE

* SIGN UP REQUIRED

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