SENIOR RAVENS SCHEDULE
SUMMER 2023 (JULY 3 - SEPT 1)

MON
6:10 - 7:25 AM FITNESS SWIM (SHALLOW & DT) POOL
7:00 - 12:00 PM FITNESS CENTRE ACCESS
9:30 - 10:45 AM STRETCH & STRENGTH ONLINE TOM S.
11:30 - 1:00 PM REC SWIM POOL

TUE
7:35 - 8:35 AM FITNESS SWIM (SHALLOW) POOL
7:00 - 12:00 PM FITNESS CENTRE ACCESS
12:05 - 12:55 PM PILATES FOR ALL COMBATIVES STUDIO TOM F.
11:30 - 1:00 PM REC SWIM POOL

WED
6:10 - 7:25 AM FITNESS SWIM (SHALLOW & DT) POOL
7:00 - 12:00 PM FITNESS CENTRE ACCESS
9:30 - 10:45 AM STRETCH & STRENGTH ONLINE TOM S.
11:30 - 1:00 PM REC SWIM POOL

THU
7:35 - 8:35 AM FITNESS SWIM (3 LANES 50M LC) POOL
7:00 - 12:00 PM FITNESS CENTRE ACCESS
9:30 - 10:45 AM STRETCH & STRENGTH ONLINE TOM S.
11:30 - 1:00 PM REC SWIM POOL

FRI
6:10 - 7:25 AM FITNESS SWIM (SHALLOW & DT) POOL
7:00 - 12:00 PM FITNESS CENTRE ACCESS
12:05 - 12:55 PM YIN YOGA COMBATIVES STUDIO ALYSE M.
11:30 - 1:00 PM REC SWIM POOL

SWIM
GROUP FITNESS
FITNESS CENTRE

WOMEN'S ONLY FITNESS CENTRE HOURS ARE OFFERED DAILY FROM 10:00 AM – 11:30 AM