

	Monday			Tuesday			Wednesday	Thursday		Friday				Saturday
	Gym 1	Sherling	Rx Area	Gym 1	Rx Area	Pool	Gym 1	Gym 1	Gym 2	Gym 1	Gym 2	Sherling	Rx Area	Rx Area
7am	Early birds class													
8am														
9am							CV class			Standing class				
10am	Boxercise	Yoga (Restrictions Apply)	Low balance	Multi-Activity Session				1/2 and 1/2		Tai Chi				Standing class (Restrictions Apply)
11am							1/2 and 1/2						Self-stretch drop-in session	1/2 and 1/2 (Restrictions Apply)
12pm				1/2 and 1/2		Open Hydro (Restrictions Apply)	Seated circuits	Standing circuits		Boccia				
1pm				1/2 and 1/2	Seated class		1/2 and 1/2		Open Gym (Restrictions Apply)	1/2 and 1/2		1/2 and 1/2		
2pm	1/2 and 1/2			Seated Tai Chi				Standing class			Seated balance class			
3pm				Standing class				1/2 and 1/2						