

	Monday		Tuesday		Wednesday	Thursday			Friday	Saturday
	Gym 1	Sherling	Gym 1	Pool	Gym 1	Gym 1	Gym 2	Pool	Gym 1	Rx Area
7am										
8am					Early birds class					
9am									Standing class	
10am	Boxercise (Restrictions apply)		1/2 and 1/2 class			1/2 and 1/2 class		Open Hydro (Restrictions Apply)	Tai Chi	Standing class (Restrictions Apply)
11am		Yoga (Restrictions Apply)			1/2 and 1/2 class	Walking Group (Restrictions apply)				1/2 and 1/2 (Restrictions Apply)
12pm			1/2 and 1/2 class	Open Hydro (Restrictions Apply)	Seated circuits	Standing circuits			Boccia	
1pm			1/2 and 1/2 class		1/2 and 1/2 class	Open Gym (Restrictions Apply)			1/2 and 1/2 class	
2pm	1/2 and 1/2 class				Standing balance class	Open Gym (Restrictions Apply)			Seated balance class	
3pm			Standing class			1/2 and 1/2 class				