

# FITNESS CLASSES

## Hyde Creek Recreation Centre - Beginning July 12, 2021

### Spinning

	MON	TUE	WED	THU	FRI	SAT	SUN
AM	<b>9:45-10:30AM</b> Instructor: Leslie		<b>9:45-10:30AM</b> Instructor: Kim		<b>9:45-10:30AM</b> Instructor: Kirsti		<b>9:45-10:30AM</b> Instructor: Leslie/Jen T
PM		<b>6:30-7:15PM</b> Instructor: Kim		<b>6:30-7:15PM</b> Instructor: Leslie			

### Racquet Ball and Squash Courts

	MON	TUE	WED	THU	FRI	SAT	SUN
AM		<b>9:45-10:45AM</b>		<b>9:45-10:45AM</b>		<b>9:45-10:45AM</b>	<b>8:15-9:15AM</b>
PM	<b>6:30-7:30PM</b>		<b>6:30-7:30PM</b>		<b>6:30-7:30PM</b>		