

19 WING FITNESS & COMMUNITY CENTRE DROP IN SCHEDULE

2 July —7 September 2026



@19WingComoxPSP
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Hours of Operation

Defence Team Only Mon- Fri 6am-8:30am

Everyone Welcome Mon - Fri 8:30am-10pm
Sat & Sun 7am-9pm

CLOSED: Mon 3 Aug; Mon 7 Sept

POOL (2 July—6 September)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim	7:30-9:30am 11am-12:30pm 3-5pm	11am-12:30pm 3-5pm	7:30-9:30am 11am-12:30pm 3-5pm	11am-12:30pm 3-5pm	7:30-9:30am 11am-12:30pm	10am-12pm	10am-12pm
Open Swim	1-3pm	1-3pm	1-3pm	1-3pm		1-3pm	1-3pm

*All swim times are available to general public, Defence Team Only time does not apply to the pool.

**Schedule is subject to change on short notice for military training, practices, and events.

GYMNASIUM (Effective 11 July 2026)

Note: Gymnasium upgrades are scheduled 24 June to 10 July

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym <i>Call ahead for last minute availability!</i>	7-10pm	7-10pm	11:30-1pm	7-10pm	9-11am	7:30-9am 4-9pm	7:30-9am 4-9pm
Military & Family Drop-in <i>*Actively serving Military & their dependants only</i>	5-7pm				5-7pm	2-4pm	

Hours may vary, if the gym is not in use outside of these hours, it is available for drop-in; Schedule is subject to change on short notice for military training, practices, and events; Children under 13yrs must be supervised by an adult 19yrs and over.

FITNESS CLASSES (6 July—28 Aug 2026)

	Monday	Tuesday	Wednesday	Thursday	Friday
11:45am-12:45pm <i>FREE for Military & DND</i>	Combat (Gymnasium)	Spin (Multi-purpose Room)	Flex & Core (Multi-purpose Room)	Bootcamp (Gymnasium)	Speed Agility & Quickness - SAQ (Gymnasium)
2:30-3:30pm <i>Military Only</i>	Force Foundations (Gymnasium)		Force Foundations (Gymnasium)		
7-8pm	*Gentle Hatha Flow Yoga (Multi-purpose Room)				

*Free for active Military Family Membership only