

MCpl. J.P.P. LEGAULT FITNESS & WELLNESS CENTRE

Fall 2026 GymSCHEDULE														
Monday		Tuesday		Wednesday		Thursday		Friday		Sat & Sun				
MILITARY ONLY (0600-0900)										PUBLIC DROP-IN (0800-1800)				
Military PT 0600-0900		Military PT 0600-0900		Military PT 0600-0900		Military PT 0600-0900		Military PT 0600-0900						
MILITARY AND MEMBERS ONLY (0900-1600)										Open Gym 0800-1215				
Unit PT 0900-1030		FORCE Test 0900-1000		Unit PT 0900-1000		FORCE Test 0900-1000		Military & Member Open Gym 0900-1145						
Military & Member Open Gym 1045-1145		Military & Member Open Gym 1015-1145		Military & Member Open Gym 1015-1400		Military & Member Open Gym 1015-1145								
Strength & Conditioning 1200-1245		HIIT 1200-1230		Yoga 1200-1245		HIIT 1200-1230		Force Prep 1200-1245						
Military & Member Open Gym 1300-1400		Military & Member Open Gym 1300-1400				Military & Member Open Gym 1300 to 1430		Military & Member Open Gym 1300 to 1600						
Military PT 1430-1530		Military PT 1430-1530		Military PT 1430-1545		Military PT 1500-1600								
MILITARY, MEMBERS AND PUBLIC DROP-IN (1600-2045)										Parties/Group Bookings* 1230-1530				
Military Sport 1600-1800		Open Gym 1600-1730	Military Sport 1600-1730		Military Sport 1600-1800	Open Gym 1600-1745	Military Sport 1600-1800		Open Gym 1600-2045					
Adult Brazilian Jiu Jitsu* 1800-1930	Open Gym 1815-2045	Yoga 1730-1830	Jr Youth Rockwall* 1700-1800	Racquet Night 1800 - 2045			Teen/Adult Rockwall* 1800-2000	Adult Brazilian Jiu Jitsu* 1800-1930				Kid's Night out may affect these hours: *Sept 25th, Oct 23rd & Nov 20th		
			Youth Rockwall* 1800-1930				Open Gym 1930-2045							
		Open Gym 1930-2045												
CLOSED 2100										* Additional Fee				

Schedule may change without notice



MCpl. J.P.P. LEGAULT FITNESS & WELLNESS CENTRE

Fall 2026 Pool SCHEDULE					
Monday	Tuesday	Wednesday	Thursday	Friday	Sat & Sun
MILITARY ONLY (0600-0900)					PUBLIC DROP-IN
	Military and Spouse Lane Swim 0700-0800		Military and Spouse Lane Swim 0700-0800		
MILITARY AND MEMBERS ONLY (0900-1600)					
Aquafit* 0930-1030 & 1030-1130		Aquafit* 0930-1030 & 1030-1130		Aquafit* 0930-1030 & 1030-1130	
Military & Member Lane Swim 1130- 1300	Military & Member Lane Swim 1130- 1300	Military & Member Lane Swim 1130- 1300	Military & Member Lane Swim 1130- 1300	Military & Member Lane Swim 1130- 1300	Lane Swim 1230-1330
					Open Swim 1345-1500
MILITARY, MEMBERS AND PUBLIC DROP-IN (1600-2045)					
Open Swim 1830-1930		Open Swim 1830-1930			Closed 1800
Lane Swim 1930-2030	Water Polo* 1930-2030	Lane Swim 1930-2030	Aquafit* 1930-2030		
CLOSED 2100					*additional fee

Schedule may change without notice