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

Fall 2026 GYM SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Sat & Sun
MILITARY & SPOUSES 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	Open Gym 0800-1215
MILITARY AND MEMBERS ONLY (0900-1600)					
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 1015-1300	Military & Member Open Gym 1015-1145		
Strength & Conditioning 1200-1245	HIIT 1200-1230	Yoga 1200-1245	HIIT 1200-1230	Force Prep 1200-1245	Parties/Group Bookings* 1230-1530
Military & Member Open Gym 1300-1415	Military & Member Open Gym 1300-1415	Military & Member Open Gym 1300-1415	Military & Member Open Gym 1300 to 1545	Military & Member Open Gym 1300 to 1415	
Unit PT 1430-1530	Unit PT 1430-1530	Unit PT 1445-1545		Unit PT 1430-1530	
MILITARY, MEMBERS AND PUBLIC DROP-IN (1600-2045)					
Military Sport 1600-1800 / Adult Brazilian Jiu Jitsu* 1800-1930	Open Gym 1600-1730 / Open Gym 1815-2045	Military Sport 1600-1730 / Yoga 1730-1830 / Open Gym 1930-2045	Jr Youth Rockwall* 1700-1800 / Youth Rockwall* 1800-1930	Military Sport 1600-1800 / Open Gym 1600-1745 / Racquet Night 1800 - 2045	Military Sport 1600-1800 / Teen/Adult Rockwall* 1800-2000 / Adult Brazilian Jiu Jitsu* 1800-1930 / Open Gym 1930-2045	Open Gym 1600-2045 Kid's Night out may affect these hours: *Sept 25th, Oct 23rd & Nov 20th	Open Gym 1600-1745 / Closed 1800
CLOSED 2100							* Additional Fees

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 & SPOUSES ONLY (0600-0900)					PUBLIC DROP-IN
	Military and Spouses Lane Swim 0700-0800		Military and Spouses 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 fees

Schedule may change without notice