

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

Spring 2026 Gym SCHEDULE (Yoga Classes in Canex)

Monday	Tuesday	Wednesday	Thursday	Friday	Sat & Sun
MILITARY ONLY (0600-0900)					PUBLIC DROP-IN
Military PT 0600-0900	Military PT 0600-0900	Military Open Gym 0600-0900	Military PT 0600-0900	Military PT 0600-0900	
MILITARY AND MEMBERS ONLY (0900-1600)					Open Gym 0800-1200
Military & Member Open Gym 0900-1145	FORCE Test 0900-1000	Unit PT 0900-1100	FORCE Test 0900-1000	Military & Member Open Gym 0900-1145	
	Military & Member Open Gym 1015-1145		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 1300-1400	Military & Member Open Gym 1300-1400	Military & Member Open Gym 1145 to 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)					Open Gym 1600-1745
Military Sport 1600-1745	Military Sport 1545-1715	Open Gym 1600-1745	Military Sport 1600-1720	Open Gym 1600-2045	
Open Gym 1800-2045	Yoga: 1730-1830		Racquet Night 1800 - 2045		Teen/Adult Rockwall* 1800-1930
	Youth Rockwall* 1800-1930	Open Gym 1930-2045			
	Open Gym 1930-2045 (Half Gym)			Teen/Adult Rockwall* 1930-2100	
CLOSED 2100					Closed 1800



****Schedule subject to Change without Notice**

Note: * Additional Fee