

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT & SUN
Military & Member Open Gymnasium 0900-1130	Military Lane swim 0700-0800	Military & Member Open Gymnasium 0900-1130	Military Lane Swim 0700-0800	Military & Member Open Gymnasium 0900-1130	Public Open Gymnasium 0800-1745 <i>*Other programs may affect these hours</i>
Aquafit 0930-1030 1030-1130	FORCE Test 0900-1000	Aquafit 0930-1030 1030-1130	FORCE Test 0900-1000	Aquafit 0930-1030 1030-1130	Lane Swim 1230-1330
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	Public Swim 1345-1500
Strength & Conditioning 1200-1245	HIIT 1200-1230	Yoga 1200-1245	HIIT 1200-1245	FORCE Prep. 1200-1245	
Military & Member Open Gymnasium 1300-1600	Military & Member Open Gymnasium 1300-1400	Military & Member Open Gymnasium 1300-1400	Military & Member Open Gymnasium 1300-1600	Military & Member Open Gymnasium 1300-1600	
Public open Gymnasium 1600-1800	Military PT 1400-1600	Military PT 1400-1600	Military Sports 1600-1745	Public Open Gymnasium 1600-2045 <i>*Kids Night Out may affect these hours; Aug 30th, Sept 20th, Oct 25th & Nov 29th</i>	
Military Sport 1800-2045	Military Sports 1600-1745	Military Sport 1600-1745	Public Open Gymnasium 1800-2100 <i>*Please inquire as Group Bookings may affect these hours</i>		
Public Swim 1830-1930	Spin 1730-1815	Racquet Night 1800-2045			
Lane Swim 1930-2030	Rockwall 1800-2100	Public Swim 1830-1930			
		Lane Swim 1930-2030			



****Schedule subject to change without notice.**

Active Military Only:
0600-0900HRS, Monday-Friday

**Weight & Cardio Room
Military, Veterans, DND Only:**
1200-1400HRS, Monday-Friday

Drop-in passes are available:
After 1600HRS, Monday-Friday
Anytime Saturday-Sunday



(705) 494-2011 ext. 2610



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