



Monday, September 7, 2026

Labour Day

at the Leisure Centre

Leisure Centre 7:30 AM – 12:00 PM

Fitness Centre 7:30 AM – 12:00 PM

Please note the following:
Registered programs will not be running on this date.
The pool & gymnasium will be closed for annual maintenance.

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Drop-in Programs

Fitness

- Cycle Fit 9:00 AM – 9:50 AM
- Yogalates 9:30 AM – 10:20 AM
- Muscle Matters 10:30 AM – 11:20 AM

