



SNUNeyMUXW RECREATION AND WELLNESS CENTRE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	FACILITY INFORMATION
11:00AM	Art Painting Workshop 11:00 - 1:00pm					Gym Hours Monday to Friday 11:00am - 10:00pm Closed on Weekends ALL * Programs are extra cost ALL (PPR) Programs is Parent Participation Required ALL other classes are included in your membership! Classes & Times are subject to change without notice ** PLEASE SIGN UP FOR ALL YOGA CLASSES
12:00PM		FREE Seniors Chair Yoga				
1:00PM	* Crochet Group 1 - 3pm	Seniors Board Game Social 1 - 3pm		* Beading Group 1 - 3pm	Cribbage 1 - 3pm	
2:00PM			* Photography 2 - 3:30pm			
3:30PM	Drop In Basketball (Ages 10U) 3:30 - 5pm			Drop In Basketball (Ages 10U) 3:30 - 5pm		
4:30PM		Personal Trainer in Fit Centre 4:30 - 6pm		Women Only Fitness Centre 4:30 - 6pm	Women Only Fitness Centre 4:30 - 6pm	
5:00PM	Beginners Yoga 5 - 6pm	Culture Night 5 - 6pm	Hul'qumin'um' Class 5 - 6		Butts & Gutts 5 - 6pm	
6:00PM		HIIT Strength 6 - 7pm	Beginner Bootcamp 6:15 - 7pm			
	Family Game Night (PPR) 6 - 8pm	* Craft Night (PPR) 6 - 8pm		Family Card Night (PPR) 6 - 8pm	Family Night (PPR) 6 - 8pm	
6:30PM	Teen 13+ Basketball 6:30 - 8pm		Texas Hold'em 6:30 - 9:30pm	Teen 13+ Futsal 6:30 - 8pm		
7:00PM	Advanced Bootcamp 7 - 8pm	Teen Time 7 - 8pm				
8:00PM	Drop In Basketball (Ages 17+) 8 - 10pm			Drop In Futsal (Ages 17+) 8 - 10pm		

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