

WEIGHT ROOM HOLIDAY SCHEDULE

Mon Dec 21	Tue Dec 22	Wed Dec 23	Thu Dec 24	Fri Dec 25	Sat Dec 26	Sun Dec 27
8:45 am - 9:45 am	8:45 am - 9:45 am	8:45 am - 9:45 am	8:45 am - 9:45 am	CLOSED	CLOSED	CLOSED
10:15 am - 11:15 am	10:15 am - 11:15 am	10:15 am - 11:15 am	10:15 am - 11:15 am			
11:45 am - 12:45 pm	11:45 am - 12:45 pm	11:45 am - 12:45 pm	11:45 am - 12:45 pm			
1:15 pm - 2:15 pm	1:15 pm - 2:15 pm	1:15 pm - 2:15 pm	1:15 pm - 2:15 pm			
2:45 pm - 3:45 pm	2:45 pm - 3:45 pm	2:45 pm - 3:45 pm	2:45 pm - 3:45 pm			
4:15 pm - 5:15 pm	4:15 pm - 5:15 pm	4:15 pm - 5:15 pm				
5:45 pm - 6:45 pm	5:45 pm - 6:45 pm	5:45 pm - 6:45 pm				
7:15 pm - 8:15 pm	7:15 pm - 8:15 pm	7:15 pm - 8:15 pm				
Mon Dec 28	Tue Dec 29	Wed Dec 30	Thu Dec 31	Fri Jan 1	Sat Jan 2	Sun Jan 3
	8:45 am - 9:45 am		8:45 am - 9:45 am	CLOSED	CLOSED	CLOSED
	10:15 am - 11:15 am		10:15 am - 11:15 am			
	11:45 am - 12:45 pm		11:45 am - 12:45 pm			
1:15 pm - 2:15 pm	1:15 pm - 2:15 pm	1:15 pm - 2:15 pm	1:15 pm - 2:15 pm			
2:45 pm - 3:45 pm	2:45 pm - 3:45 pm	2:45 pm - 3:45 pm	2:45 pm - 3:45 pm			
4:15 pm - 5:15 pm		4:15 pm - 5:15 pm				
5:45 pm - 6:45 pm		5:45 pm - 6:45 pm				
7:15 pm - 8:15 pm		7:15 pm - 8:15 pm				



**RECREATION, CULTURE
& AIRPARK SERVICES**

Pre-registration is required.
Please register online at fvrd.ca/recreation or call 604-869-2304.
Cleaning will be done in between each session.

CARDIO ROOM HOLIDAY SCHEDULE

Mon Dec 21	Tue Dec 22	Wed Dec 23	Thu Dec 24	Fr Dec 25	Sat Dec 26	Sun Dec 27
9:00 am - 9:45 am	9:00 am - 9:45 am	9:00 am - 9:45 am	9:00 am - 9:45 am	CLOSED	CLOSED	CLOSED
10:15 am - 11:00 am	10:15 am - 11:00 am	10:15 am - 11:00 am	10:15 am - 11:00 am			
11:30 am - 12:15 pm	11:30 am - 12:15 pm	11:30 am - 12:15 pm	11:30 am - 12:15 pm			
12:45 pm - 1:30 pm	12:45 pm - 1:30 pm	12:45 pm - 1:30 pm	12:45 pm - 1:30 pm			
2:00 pm - 2:45 pm	2:00 pm - 2:45 pm	2:00 pm - 2:45 pm	2:00 pm - 2:45 pm			
3:15 pm - 4:00 pm	3:15 pm - 4:00 pm	3:15 pm - 4:00 pm	3:15 pm - 4:00 pm			
4:30 pm - 5:15 pm	4:30 pm - 5:15 pm	4:30 pm - 5:15 pm				
5:45 pm - 6:45 pm (60 min)	5:45 pm - 6:45 pm (60 min)	5:45 pm - 6:45 pm (60 min)				
7:15 pm - 8:15 pm (60 min)	7:15 pm - 8:15 pm (60 min)	7:15 pm - 8:15 pm (60 min)				
Mon Dec 28	Tue Dec 29	Wed Dec 30	Thu Dec 31	Fri Jan 1	Sat Jan 2	Sun Jan 3
	9:00 am - 9:45 am		9:00 am - 9:45 am	CLOSED	CLOSED	CLOSED
	10:15 am - 11:00 am		10:15 am - 11:00 am			
	11:30 am - 12:15 pm		11:30 am - 12:15 pm			
12:45 pm - 1:30 pm	12:45 pm - 1:30 pm	12:45 pm - 1:30 pm	12:45 pm - 1:30 pm			
2:00 pm - 2:45 pm	2:00 pm - 2:45 pm	2:00 pm - 2:45 pm	2:00 pm - 2:45 pm			
3:15 pm - 4:00 pm	3:15 pm - 4:00 pm	3:15 pm - 4:00 pm	3:15 pm - 4:00 pm			
4:30 pm - 5:15 pm		4:30 pm - 5:15 pm				
5:45 pm - 6:45 pm (60 min)		5:45 pm - 6:45 pm (60 min)				
7:15 pm - 8:15 pm (60 min)		7:15 pm - 8:15 pm (60 min)				

