

HOPE & AREA RECREATION CENTRE

FITNESS CENTRE SCHEDULE

	Cardio Room	Weight Room
Monday - Friday	8:45 am - 9:30 am	8:45 am - 9:45 am
	9:45 am - 10:45 am	10:15 am - 11:15 am
	11:00 am - 11:45 pm	11:45 am - 12:45 pm
	12:15 pm - 1:15 pm	1:15 pm - 2:15 pm
	1:30 pm - 2:15 pm	2:45 pm - 3:45 pm
	2:30 pm - 3:30 pm	4:15 pm - 5:15 pm
	3:45 pm - 4:30 pm	5:45 pm - 6:45 pm
	5:00 pm - 6:00 pm	7:15 pm - 8:15 pm
	6:15 pm - 7:15 pm	
	7:30 pm - 8:30 pm	
Pre-registration is required. Cleaning will be done in between each session. Schedule is subject to change.		